

**At the game**

Fort Riley kids walk with starters at Royals opener

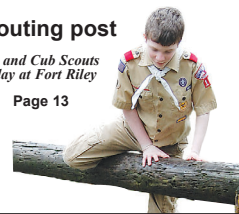
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Fort Riley Post

Scouting post

Boy and Cub Scouts spend day at Fort Riley

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Thursday, April 12, 2007

Home of the Big Red One

Vol. 50, No. 15

Around the Army

Retirement orientation set

The semi-annual Pre-Retirement Orientation will be held from 8 a.m. to 4:30 p.m. May 4 at Riley's Conference Center. Registration will begin at 7:30 a.m.

This orientation is for individuals that have submitted their request for retirement. However, any Soldier contemplating retirement in the near future is welcome to attend. The purpose of the orientation is to receive information concerning rights, benefits and responsibilities in conjunction with retirement.

Soldiers that are eligible for early retirement (medical reasons only) should also attend. Spouses of retiring personnel and prospective retirees are invited and encouraged to attend.

This orientation is a requirement in accordance with AR 600-8-7 and Soldiers may attend as many times as they wish. Soldiers and spouses are invited to stay at Riley's Conference Center during the noon break to enjoy a complimentary lunch while visiting with local employers. A "meet and greet" social period for networking opportunities will immediately follow the orientation.

Soldiers and spouses are encouraged to bring their resume and contact cards to exchange.

For more information, contact the Retirement Services Office in Building 210 on Main Post or call 239-3320 or 239-3667.

Tax Center offers services

The Fort Riley Tax Center offers free income tax preparation to Soldiers, their family members and retirees. Persons wishing to file should bring proof of identification including social security cards for all family members along with any tax forms and a copy of last year's return.

The Fort Riley Tax Center is located in building 7434B, directly across from the bowling alley on Custer Hill. Hours of operation are 9 a.m. to 6 p.m. Monday through Friday and 9 a.m. to 1 p.m. on Saturday. Call 239-1040 for more information or an appointment.

Stay 'In Step' with Fort Riley

See what's happening at Fort Riley. Tune in to Fort Riley cable channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m. or watch "In Step with Fort Riley" at 5 a.m. every Saturday and at 11 a.m. most Saturdays on WIBW TV Channel 13.

Stories planned for this week's show, which runs on WIBW TV April 14 and on the post's cable channel 2 April 16-22 are:

- Multi-National Division - Baghdad Soldiers build combat outpost
- An update on the latest Fort Riley casualties
- Combat Aviation Brigade's AVCAT simulator
- Interview with CAB Commander Col. Bob Johnson
- Garrison leaders tour transition team training

Overseeing



1st Inf. Div./Baack

Brig. Gen. Dana Pittard, Iraq Assistance Group commander and the 1st Infantry Division's assistant division commander for maneuver, talks to transition team Soldiers doing combat lifesaver training at Forward Operating Base Army Strong March 30 during his two-day visit.

Pittard returns to post for training visit

By Spc. Stephen Baack
1st Inf. Div. PAO

The commander of the Iraq Assistance Group visited transition team servicemembers and held a press conference at Fort Riley March 29 to 30.

IAIG Commander Brig. Gen. Dana Pittard, who is also the 1st Infantry Division's assistant division commander for maneuver, sat down with seven local journalists at Forward Operating Base Army Strong to discuss the current state of the TT mission in Iraq and where it's headed.

As Pittard explained during his press conference, the IAG is a joint command-

and-control effort from the Army, Navy, Marines and Air Force set up to oversee the dual TT mission of advising and force protection for the Iraqi security forces.

Pittard described the evolution of the TT training mission from its focus on one of almost entirely combat skills and force-protection survival skills training to the next step of becoming an adviser: having an understanding of Iraqi culture and the inner-workings of the Iraqi security forces.

While the latter has come to the forefront, the former is still important, Pittard said.

"We need advisory skills being taught here at Fort Riley," he said. "At the same time, it's force-protection survival skills.

It's always that balance between those, but primarily it's making sure that our advisers are trained in advisory skills and have the preparation necessary to be effective advisers of Iraqi security forces."

When one journalist asked him to grade the current state of TT training, Pittard said what was once a C+ is becoming an A product now due to the focus on advisory skills.

"There are three things that are probably most difficult to teach: cultural awareness, language and then the subtleties of advisory skills," he said. "There is really a subtlety that needs to take place."

See Pittard, Page 4

'Kodiaks' uncasing colors in Afghanistan

By Capt. Kimberly Allen
Task Force Kodiak PAO

FORWARD OPERATING BASE ORGUN-E, Afghanistan — In March, Task Force "Kodiak," 70th Engineer Battalion, began its first deployment to Afghanistan in support of Operation Enduring Freedom.

During its one-year deployment, Task Force Kodiak will provide area and route clearance support in eastern Afghanistan for Combined Joint Task Force 82 in order to ensure freedom of movement for Afghan people, U.S. and coalition forces. While deployed, the battalion will

be part of the Combined Task Force "Rugged," 36th Engineer Brigade, out of Fort Hood, Texas. Before deploying, the Kodiaks trained vigorously in preparation for their yearlong deployment, which included a rotation at the National Training Center in Fort Irwin, Calif.

Less than one month after arriving in Afghanistan, Task Force Kodiak officially took over responsibilities from the 27th Engineer Battalion during a transfer of authority ceremony March 30. The ceremony included the casing and uncasing of colors for the outgoing and incoming units and remarks by CTF Rugged

Commander Col. Richard Stevens, 27th Eng. Bn., Commander Lt. Col. Thomas O'Hara and Kodiak Commander Lt. Col. Verne Reichling.

"Together you all were the heart and soul of Task Force 27," O'Hara told the outgoing engineers. "It was a direct result of your hard work, sweat and dedication that this task force accomplished the amazing things that we were able to accomplish. I could not be prouder of each and every one of you and it has been my honor to serve as your commander."

During his speech, Reichling said the 70th Eng. Bn. Soldiers

were determined to continue the outstanding work of the 27th Eng. Bn. and make a positive difference, providing safety, peace, and stability to the people of Afghanistan.

"To the Kodiaks here and at other (forward operating bases), we have prepared for this day for 10 months. Together we will ensure the roads and trails are safe for our fellow Soldiers and local Afghan people to travel on. Remember our motto — 'Valor and Ingenuity' — we will attack every mission as past Kodiaks have done with these words in our minds."



Courtesy photo

Go Big Red (One)

Soldiers from Nebraska met with Senator Ben Nelson (D-Neb.) April 3. Nelson toured the post visiting the Soldier Family Support Center, the hospital, and 1st Brigade's transition team training. The "Cornhusker" Soldiers are members of a transition team training for deployment to Afghanistan. All agreed that the K-State football team is weak, but sometimes lucky.





Post, Army news briefly

Air conditioning to be turned on

Weather permitting, heat turn-off will begin April 9. Heat will be turned off April 9-20 in the following order: administration buildings, barracks, bachelor enlisted and officer quarters with individual units, buildings in the 8000 area, dining facilities and community buildings.

Air conditioning systems are scheduled to be turned on from May 7-25 in the following order: barracks, bachelor enlisted and officer quarters, buildings in the 8000 area, community buildings, administration buildings, dining facilities and motor pools.

The heating and cooling systems in the chapels, medical and dental buildings will be maintained as needed.

Family housing occupants control their own heat and air conditioning systems as desired. The authorized temperature for the cooling season is 76 to 80 degrees.

For more information, call Steve Fieff, Public Works, at 239-3908.

JROTC seeks unit sponsor

Fort Riley Public Affairs is looking for a unit volunteer to support the Junction City High School JROTC orienteering training in May. Approximately 45 cadets will be conducting orienteering training from 7:30 a.m. to 3 p.m. May 5 at Moon Lake and Training Area 17. Interested units can contact the Fort Riley Community Relations Office at 239-2022.

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Married Soldiers may owe big money

By Spc. Stephen Baack
1st Inf. Div. PAO

Married Soldiers who have yet to enroll their spouses into the Defense Enrollment Eligibility Reporting System may be in for a surprise and possibly a large bill if they think the acronym FSGLI does not apply to them.

Effective Nov. 1, 2001, Family Servicemembers Group Life Insurance became automatic for all married active duty and reserve servicemembers already enrolled in SGLI, regardless of whether the spouse also is in the military, retired or with another branch of the service.

On March 6 the Department of the Army released an All Army Activities message requiring the "immediate attention of leaders at all levels" to help collect past due

FSGLI premiums from Soldiers who received coverage without paying.

"The key word is spouse – not dependent spouse, but spouse," stated a Military Pay E-message sent out last year outlining the program's regulations. "FSGLI coverage is similar to Servicemembers' Group Life Insurance in the fact that if the member does not want the coverage they must decline in writing."

Since FSGLI is linked to the Defense Enrollment Eligibility System, servicemembers who do not enroll their spouses into DEERS will not be hit with FSGLI payments until they enroll, said Suzanne Asbury, chief of personnel services branch.

The catch, Asbury said, is that once enrolled in DEERS – either manually by personnel office employees or by the married indi-

vidual – the servicemember will owe past premiums because the coverage is retroactive to Nov. 1, 2001, the date of entered service or the date of marriage; whichever is most recent.

Though FSGLI extends to both spouses and dependent children of Soldiers insured with SGLI, servicemembers may not decline free coverage for dependent children as long as the servicemember is covered under SGLI.

"The regulation says if you're not paying premiums and you're married, it's your job to go to DEERS and get them enrolled or go see the FSGLI folks, and get it fixed," said Asbury. "Well, if you don't know about the system, how can you do any of that? How do you know you're not paying premiums when you don't know she's covered? That's the way they wrote the reg. They wrote it

to be automatic and retroactive." According to the message, servicemembers owe an estimated \$25 million in back premiums.

"This situation is almost entirely due to incomplete Defense Enrollment Eligibility Reporting System documentation," the ALARACT message stated. "As DEERS is the data source to determine enrollment for FSGLI, accurate dependents in DEERS, including a spouse who is also a military member, even though each spouse is already enrolled in DEERS in his or her own right as a military member."

DA has directed unit leaders to initiate a personnel asset inventory (PAI) to determine which Soldiers have slipped through the cracks. The checklist was sent out with the ALARACT message to unit leadership and must be completed with their units no later

than 120 days from the release of the March 6 ALARACT message.

Procedures for paying back premiums are also in the message, as well as the Army's debt waiver process.

To decline coverage by disenrolling from the FSGLI program, Soldiers must file an SGLV Form 8286A at their personnel office. Back-dating the SGLV Form 8286A is not authorized, nor is submitting retroactive declarations.

"End state is all married Soldiers who have not declined FSGLI coverage must pay (assuming a waiver submission fails) all past due premiums, be currently paying FSGLI premiums or have properly declined FSGLI coverage," the ALARACT message states.

For more information, contact your unit's personnel office.

Recruiter briefs Soldiers on recruiting benefits

By Spc. William Howard
CAB PAO

Decorated recruiter and non-commissioned officer in charge of the U.S. Army Recruiting Command's Recruit the Recruiter program Master Sgt. Walter K. Hampton held a seminar in an attempt to win over potential recruiters March 28 at Riley's Conference Center.

Standing before a limited but interested crowd, Hampton made

the case for entering what he called "the most important job in the Army." He dispelled myths, explained the inner workings of schools and assignments and emphasized the social responsibilities of the Army recruiter.

Hampton said recruiting the right Soldiers begins with recruiting the right recruiter. "The best way to get the best Soldiers into the Army is with a recruiter who believes in what he is selling. We need strong leaders who can sit down and sell an intangible prod-

uct. Believe it or not, more Soldiers join the Army because of that than anything else. Right now we have a ratio of about 39 percent volunteer recruiters to 61 percent the Department of the Army selects. We're trying to get that up to half-and-half."

A prevailing mindset in DA-selected recruiters, Hampton said, is the myth of the quota.

"I want you to know that we are not on a quota. Get that word out of your mind. We are not on a quota. We are on a mission, a mis-

sion to recruit as many Soldiers as this Army needs," he said.

So which Soldiers will be up to the challenge?

Hampton said the answer lies in the youth. "When I go to a school, I may be young at heart, I may be able to talk the talk, but they're gonna see the wrinkles, they're gonna see the grey in this hair and they'll be like, 'what's this guy got to do with me?'" Young people can relate with young people."

That is why the Army is look-

ing for younger Soldiers to fill recruiting positions.

"An E-4 is on the same playing field as that E-6 or that E-7. If an E-4 goes out there and does the best job that he or she possibly can, writes contracts for the Army, he or she will be treated just like anyone else in the slot," Hampton said.

Indeed, the youngest Soldiers seem to be the most interested. The audience at the briefing con-

See Recruiting, Page 6

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Post, Army news briefly

Youth turkey hunters wanted

The Fort Riley Outdoorsmen Group will host a youth turkey hunt April 28 at Fort Riley. Experienced turkey hunters will guide the youths, who must be 16 years of age or younger.

Youths must have a turkey permit for Unit 2, and are encouraged to bring their own shotgun, shells, and hunter orange cap or vest. A limited number of shotguns, shells, and hunter orange will be available for those who have none.

No turkey hunting experience is needed. Guides will call or assist youths in calling turkeys and will assist in cleaning turkeys at the end of the hunt.

Parents or guardians may accompany, but each youth will be assigned a FROG guide for safety. Guides will arrange for transportation to and from the hunting area.

For more information, or to sign-up, please e-mail the FROG at fortrileyoutdoorsmengroup@yahoo.com.

Discover Riley's treasures

Newcomers to Fort Riley, and those who wish to learn more about the post are invited to attend a post orientation May 4 offered by Army Community Service's relocation staff. Participants will learn fun facts, interesting information and what the Fort Riley area has to offer. Orientations will be held the first Friday of every month. Contact ACS - Relocation at (785) 239-9435 or site2665@riley.army.mil to reserve a seat.

Transportation troops drive into block leave

By Pfc. Andrea Merritt
1st Sust. Bde. PAO

On March 30 the Soldiers of the 24th Transportation Company readied themselves to go on block leave before their late-April deployment.

But before they headed out for a brief vacation, the Soldiers managed to squeeze in one more training exercise.

During the past months, the 24th Trans. Co. Soldiers have conducted convoy live-fire exercises, flat-track training, improvised explosive device training and simulated breakdowns in order to practice hasty vehicle recovery.

March 30, they wrapped up a three-day drivers training program.

Soldiers are required to complete the training, which is taught by the Army motor vehicle instructors in the unit, in order to be authorized to drive military vehicles on post.

The AMVI's job is to teach Soldiers how to drive, said Sgt. Brian Naves, an AMVI for first platoon, 24th Trans. Co. The instructor explains everything from turning corners to what to do if a vehicle gets stuck in the mud.

The vehicles that motor transport operators drive during drivers

training are slightly different than the ones they were trained on during advanced individual training, said Staff Sgt. Christopher Kerns, a masterdriver for 24th Trans. Co. Some vehicles are shorter and have one less axle, Kerns explained.

During the training, Soldiers convoy around post with three heavy-wheeled vehicles in order to get used to maintaining the correct following distance, Naves said.

Once they are comfortable driving on post, they learn to drive on the highway, Naves said.

"So far, coming out of AIT, the vehicles do drive differently," said Pfc. Eddie Ellis, a motor vehicle operator in the 24th Trans. Co. "We do a lot of work training, but we have good (noncommissioned officers) training us."

"We were taught all the basics, now they are showing us the ropes since we are getting ready to deploy," said Pvt. Glenn Peavey.

"We have one of the better drivers training programs on post and if the tempo wasn't so crazy because of the deployment it would be even better," Kerns said.

A deployment ceremony for the 24th Trans. Co., 266th Movement Control Team and 2nd Heavy Equipment Transporter Company is scheduled for 5 p.m., April 17 at Cavalry Parade Field.



1st Sust. Bde./Merritt

Sgt. Christopher Vandeventer, an Army motor vehicle instructor with the 24th Transportation Company, instructs Pfc. Eddie Ellis on how to properly shut off a palletized loading system vehicle March 30 after a quick drive around the motor pool during drivers training.

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Pittard

continued from page 1

The aggressive, hard-charging attitude some Soldiers possess is not necessarily what TTs require, and it is not what the IAG is looking for in its teams, Pittard explained.

"You must have experience," he said. "You must have knowledge, but we want the Iraqi security forces to take charge... we have to be very careful about who we pick and how we train people."

A large portion of the press conference focused on progress—not only that of TTs, but of progress within the ranks of the Iraqi army, the Iraqi police and the Iraqi national police.

"I think we owe it to the American people to have progress, to give the American people hope that in fact, it is going in the right direction."

Pittard listed positive strides in Iraq, which he partially credited to the third and most recent version of the Baghdad Security Plan put into effect late last year.

The Iraqi government has learned some lessons from the last Baghdad Security Plan, he explained. During the second plan, which was from August to October 2006, several Iraqi army battalions had problems deploying to Baghdad. Former Multi-National Force—Iraq Commanding General Gen. George Casey and the Iraq Prime Minister commissioned an investigation into the reasons behind those problems.

Pittard was one of the two generals in charge of that investigation. He and an Iraqi army general came up with 10 ways to have more successful deployments.

He attributes an increased success of Iraqi battalion deployments to things like incentive pay,

more training and focus on deploying units, and recognizing that wherever Iraqi soldiers go they will be able to take leave.

"This has kind of been our framework, or template, for future Iraqi army deployments," Pittard said. "In fact, now in this new Baghdad Security Plan, we've had nine—I say again—nine Iraqi army battalions that have successfully deployed to Baghdad."

"That's a big deal as far as ownership of securing their own capital," he added. "They're coming from all throughout Iraq."

Pittard also credited the TT effort with much of the progress in Iraq. When he left Iraq as a brigade commander in early 2005, there were two struggling Iraqi army divisions, he told reporters. Now there are 10 capable Iraqi army divisions averaging between 8,000 and 10,000 personnel. That is primarily due to the efforts of the TTs, he said.

Ousting militia influence

The TTs also have worked hard to oust militia influences throughout the ranks of the Iraqi security forces.

"A lot of that has been removed—not entirely—but a lot of that has been removed from the efforts of the transition teams again with the U.S. forces there," Pittard said.

"Our transition teams identified five national police brigade commanders—out of the nine—that had had militia influences," he added. "All five of those have now been removed. It's taken a long period of time to do that, but they have been removed."

Since then, he has seen impressive results in Iraq's newly trained



Brig. Gen. Dana Pittard, Iraq Assistance Group commander and the 1st Infantry Division's assistant division commander for maneuver, talks to members of the local press about the transition team mission at Fort Riley and in Theater during a press conference at Forward Operating Base Army Strong here March 30 during his two-day visit.

national police. "Out of the four national police brigades that have now graduated... there have been zero transgressions," Pittard said. "I'll define transgressions as extra-judicial killings or being accused of any militia-type crimes. That's huge because we haven't seen that before."

That does not mean, Pittard told one reporter, that these strides are a sign that cultural, religious or nationalistic solidarity is a priority. In fact, even numbered divisions of the Iraqi army are from specific regions because of these differences, while the odd numbered divisions were for the most part recruited nationally.

"You must embrace the Iraqi culture and accept the fact that there are familial, tribal and reli-

gious influences," Pittard said. "We recognize that. In fact, it's to make them more professional—help them to become a more professionalized force, but it's going to take Iraqi leadership to really do that."

Quality leadership

He said it also will take the right Iraqi leadership to curb or eliminate insurgent infiltration of the security forces.

"What we've found is if the right leader's in charge, whether it's an Iraq battalion commander, brigade commander, division commander, less and less of that happens and [there is] more accountability for actions."

As the current plan is set up,

during the early "clear and control" phases of securing cities and towns, each ISF brigade-sized unit has partnered with a U.S. coalition battalion of 600 to 700 personnel. As troops and police gain control during the "retain" phase, the U.S. battalion moves out of the area of operations. The transition teams become larger and stay in the area—possibly making them the last ones standing.

"Ideally, one day most of the transition teams will come from internal sources within our [brigade combat teams] there in Iraq... ideally."

If plans such as these fail or cannot endure the lack of support and patience of the American people, Pittard pointed to the pre-

Sept. 11 Afghanistan that represented a sanctuary and breeding ground for terrorism as an example of the type of failed state Iraq could become.

"The average time of counter-insurgency operations... is about nine to 12 years," Pittard said. "Do the American people have that much patience? Probably not. That's why we must show a certain amount of progress. It's incumbent upon us to do that, along with our Iraqi counterparts, who, by the way, are on a different timeline. Their timeline is not the same as ours in the least bit."

The Iraqi people also have to be convinced that what is happening now is, in fact, progress, he said.

"If you ask the Iraqi man on the street, they'll tell you the conditions were better before we came," he continued. "And they're right from a basic services perspective, in the Baghdad area for sure. Politically... it is better because it is in fact a democracy, at least from our view. And there are other places in Iraq... where they will tell you it's much, much better because they're free of Saddam Hussein and the Baathist party."

"If we're talking about the Iraqi security force, and that's the lane that I am in, then there has been tremendous progress," he said. "Is it fast enough for the American people? Maybe not. It will take time."

"So, it does vary, but I think ultimately the assessment of our success or failure will be the Iraqi citizens," Pittard added. "Do they in fact feel more secure now than they did four years ago? Most will tell you now that they don't. That must be addressed before we ever depart."

EEO to hold course

Equal Employment Office

The installation Equal Employment Office will conduct a mediation certification course May 21-25 at Riley's Conference Center.

Nominations for the 40-hour course are being accepted from qualified civilian employees interested in serving as mediators in a collateral duty capacity for the Army.

Army Regulation 690-600 and Management Directive 110 of the 29 Code of Federal Regulations (CFR) 1614 require all federal agencies to establish an Alternative Dispute Resolution Program (ADR); a forum to resolve disputes at the earliest level. Mediation is the Army's preferred method of ADR.

Nominees should have excellent verbal and communication skills and be able to maintain calm, patience and objectivity in confrontational situations. Individuals nominated to attend this course will be representatives of the Army and should possess comprehension skills that can facilitate attempts at resolution of

EEO complaints and workplace disputes. The process, when used at the earliest stage, restores working relationships and may serve as a preventative measure against future disputes, reduces costs incurred with the traditional administrative or adjudicative processes and affords the use of resources for mission related programs and activities.

All nominees must complete the training request form, and the form must be signed by the respective supervisor. Forms can be picked up from the EEO Office, 211 Custer Ave. Organizations will be informed of approved selections before April 1.

There is no course fee. Trainers from the Defense Equal Opportunity Management Institute (DEOMI) will conduct the training.

For more information on mediation training, contact L'Tanya Pugh, EEO director, at 239-2595 or ltanya.pugh@us.army.mil.

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Staff Judge Advocate

Three Soldiers at Fort Riley have been convicted recently by courts-martial.

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Pvt. Jesse V. Padziora was tried at a General Court-Martial April 3 and found guilty of being absent without leave for 28 days until he was apprehended, escaping from custody and possessing methamphetamines.

...

Sgt. Nathaniel J. Aping was tried at a Special Court-Martial April 2-3. He was charged with committing battery on two occasions, communicating indecent language, wrongfully associating

with three wives of enlisted Soldiers and soliciting a junior enlisted Soldier. Aping pled not guilty to all charges and an officer panel found him guilty of one of the batteries and wrongfully associating with two wives of enlisted Soldiers.

The officer panel sentenced him to be reduced to the grade of E1, to forfeit \$867 pay per month for six months, to be discharged from the service with a Bad-Conduct Discharge.

...

Pvt. Ricardo Jones Jr. was tried at a Special Court-Martial March 30 and found guilty of failing to report on three occasions, being AWOL on two occasions for a total of 71 days and using marijuana.

The military judge sentenced him to be confined for four months and to be discharged from the service with a Bad-Conduct Discharge.

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Commentary

Thursday, April 12, 2007

Fort Riley Post

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Riley Roundtable

This week's question:

As a child care provider for military youth, what activities do you have planned for the Month of the Military Child in April?



"In our room we are doing the Fingerprint America Child Identification kits with the MPs. We are also doing some food activities."

Robin Jones
Lead program assistant
Normandy Road CDC
Home: Huntsville, Ala.



"We are having parent participation days for a Hawaiian luau day, a fiesta day and an art and craft day."

Dalia Bonao
Program assistant
Normandy Road CDC
Home: Puerto Rico



"We are having a pajama day, a hat day, crazy hair day and a day for fruit smoothies."

Nancy Alvarez
Program assistant
Warren Road CDC
Home: Los Angeles



"We are doing an Army dress up day with camo paint. We also invited parent to come out to join us for a teddy bear picnic scheduled for April 18."

Christina Seamons
Program assistant
Warren Road CDC
Home: Youngstown, Ohio



"The Warren Road CDC is scheduled to have a parade. The children from my module will be wearing red, white and blue to support the military."

Luz Perez
Lead program assistant
Warren Road CDC
Home: Puerto Rico

Letters to the editor:

The Post welcomes letters to the editor. Letters should not contain any libelous statements or personal accusations. Letters accepted for publication must include the writer's full name and a phone number where he or she can be reached.

Letters may be edited to fit space but never edited to change the writer's viewpoint. Send letters to anna.morelock@riley.army.mil or fax them to 239-2592.

By Ken Preston

Sgt. Maj. of the Army

The weather is warming up at installations around the world and Soldiers are preparing their motorcycles for another spring and summer on the road. More than 35,000 motorcycles are registered on Army installations.

As the number of motorcycles goes up, accidents increase proportionally. But accidents can be reduced, and many times prevented, by choosing the correct motorcycle and having the proper equipment and training.

Many Soldiers return from deployment with substantial savings and the dream to buy a motorcycle.

What motorcycle is right for you? Depending on your needs, there are many motorcycles to choose from that will best fit your lifestyle. Use the Internet to read about different types of motorcycles or visit local dealerships to talk to the experts.

Many first time riders assume a motorcycle is an easy machine to operate, but motorcycle riding skills are learned. All Soldiers are required to attend a Motorcycle Safety Foundation course at their installation. MSF courses are free of charge and can be scheduled through your Installation Safety



Sgt. Maj. of the Army
Ken Preston

the rider is protected and seen by other drivers.

Helmets are the single most important item of PPE. Currently, there are two organizations setting safety standards for motorcycle helmets in the United States, the Department of Transportation and the Snell Memorial Foundation. The DOT sets the minimum standards that all helmets sold for motorcycle use must meet. The Snell Memorial Foundation has independently tested manufacturer's helmets since 1957 and sets safety standards for events such as motorcycle racing, auto racing and skateboarding, just to name a few.

Riders are required to wear eye protection. Eye protection must consist of either impact- or shatter-resistant goggles or glass-

es, or a full-face shield properly attached to the helmet. A wind-

shield or eyeglasses do not provide proper eye protection. The full-face helmet with shield provides the best protection.

Riders need to wear a high-visibility upper garment by day and a retro-reflective garment at night. An example of a retro-reflective garment would be the PT belt worn diagonally across the shoulder or specifically designed clothing that incorporates reflective patches to maximize visibility. Pants are required to cover the entire leg and should provide the same protection against abrasion as jackets.

Closed-finger gloves are required to protect riders' fingers from flying objects. The glove should be made for motorcycle use. Finally, leather boots or over-the-ankle shoes must be worn to protect the feet and ankles. Military boots meet this requirement.

When it comes to wearing the proper PPE, leaders must set the example. Brig. Gen. Doyle D. "Don" Broome Jr., the deputy commanding general of the U.S. Army Cadet Command, was riding his Harley last fall when a car cut in front of him to make a right turn. Broome's first reaction was to grab his right front handlebar and lay down his motorcycle to avoid hitting the rear of the

car. He slid down the highway at about 35 mph but was wearing all of his PPE and survived the accident. The same cannot be said for more than 40 Soldiers who died in motorcycle accidents in fiscal year 2006, many of whom were not wearing the proper PPE.

The Motorcycle Mentorship Program is another way leaders can set the example for our younger, less experienced Soldiers, family members and Department of Defense civilians. The MMP is a focused effort where more experienced riders can mentor those who are new to motorcycling, creating a positive environment for conduct and behavior while riding. The Motorcycle Mentorship Program is a force multiplier that supports the commander's accident prevention program.

Thanks to the safety professionals at the U.S. Army Combat Readiness Center, we have made progress in motorcycle safety education and training. But it takes continued engagement by leaders to ensure our Soldiers, family members and DoD civilians "get it." Let's continue the trend of motorcycle accidents and have a safe riding season for 2007.

Thanks for all that you do for the Nation and for the U.S. Army. Hoohah!

Notes on Parenting

'Dad,' most important title man can hold

By Mike Lacer, Ph. D.

ACS Information and Referral Program Manager

I lost my dad to cancer eighteen years ago. At times I still fight back a tear and feel the emptiness inside because I can't share a success with him or ask for a word of advice. Often I catch myself looking upward and expressing gratitude for my father and all of the tangible and intangible deposits he made in my life.

If you are of the male gender, you will more than likely have the opportunity to become a father. I hope you realize there are few positions in life where you will have such weighty influence and power.

Fatherhood is an equal opportunity job. The position does not depend on how much money you have, your social status or your educational level. It depends on your performance. How you perform as a father can mean the difference between passing on the emotional tools for successful life to your children or leaving them in a life-long scramble for love, support and identity in what vacillates between a kind, caring and unkind, sometimes uncaring world.

...

Once you produce a child, you will either accept or reject the task of fathering. Your child will require love. Loving a child means a focus on something outside of you. It means creating a healthy balance between doing the things your child needs and doing the things you want. Love means an unselfish desire to mold a child into a decent, kind, caring and responsible person.

Allow me to share a great fathering secret. Your child will mirror your every move, consciously or unconsciously. He or she will enjoy whatever you enjoy. It doesn't matter whether you spend your time on the com-

puter, devoted to sports or building a hot rod. Your child will want to be with you and will find interest in the things that are important to you.

As a father, you will have to remember that your child is watching you and will learn what matters most in life by what you put first in your life. Ask yourself if your personal interests are more important than your children. Ask if there is a balance between how much time you spend with your child and the time you spend pursuing other interests. Ask yourself if your child and his or her mother see your presence in the child's life as an asset or a liability. Also ask yourself how often you give the mother of your child a "break."

...

Traditionally, children spend a larger percentage of their time with their mothers. Giving the mother a break serves two purposes. It allows the mother to recharge her energy, which in turn improves her ability to parent; and it allows you, the father to spend some quality time bonding with your child. How you treat your child's mother will influence what your child is willing to accept in a spouse and how they treat their spouse.

Children also look to their fathers for security. As your child develops and faces numerous learning experiences in life, be there as much as possible. If your child wakes up afraid of the dark, be there to chase the monsters away. If your child is performing in the school play or on a sports team, be there to provide encouragement from the audience. When your child feels unsure, be there to let him or her know that things will be okay.

As a Soldier, missions may demand more of your time than you like, but be there as much as possible. The security comes in your being there to provide emotional stability when your child faces good times and difficult ones.

Your life will be the model and example your child uses to develop their identity, self worth and value system. If you do not provide an influence for your child, then somebody else will. Your child will adopt whatever is available through media, peers and other influences both positive and negative. I'm sure you would rather be the model for what it means to be fair, loving, honest and responsible.

...

You will not always have the answers to parenting dilemmas. Sometimes you will need to call in a coach, a consultant or other points of reference for the difficulties of fathering. I sure hope you can call in "grandpa" - your father or someone who has acted like a

father to you - to execute these roles for you and your child.

The beautiful thing that grandfathers bring to the family is the fact that he no longer sets the rules. His roll has shifted to providing advice, encouragement, and support. A grandfather gets to spoil the child while affirming your example of love, responsibility and security. Grandfathers and the rest of the extended family provide a tie to the past, and bridges to the future.

Fatherhood brings much joy. When we make fathering our children the most gratifying pursuit of our life, we not only enjoy living we pass the joy of life on from generation to generation.

If you would like more information about being the best parent you can be or just have questions, call Army Community Services 239-9435.

The Post wants to publicize interesting and informative articles about all organizations stationed at Fort Riley. Call the editor at 239-8854. Let's talk.

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THE MILITARY
SPOUSE





Fourth roundabout to improve traffic safety

By **Spc. Stephen Bauck**
1st Inf. Div. PAO

The Directorate of Public Works is nearly finished constructing a type of intersection more common in Europe, but officials at DPW say Fort Riley's fourth roundabout will be one of the four safest intersections on post.

The new roundabout, which DPW began constructing in October and is scheduled to be complete by mid-April, is a type of intersection shown to reduce injurious and fatal accidents by 76 percent in the United States compared to standard four-way intersections, according to research presented by Alan Ingwersen, project manager for the roundabout construction and assistant master planner for DPW.

Ingwersen attributes the increase in safety to slower traffic speed and fewer ways in which vehicles can collide than in four-way intersections.

According to the Web site www.roundaboutsusa.com, standard four-way intersections present 32 vehicle-to-vehicle conflicts and 24 vehicle-to-pedestrian conflicts. Roundabouts, on the other hand, present eight vehicle-to-vehicle conflicts and eight vehicle-to-pedestrian conflicts.

"You're reducing the 'T-bone' crashes and head-on crashes, because you are directed through the intersection," Ingwersen said. "You will, maybe, have a rear-end collision or somebody might

Navigating roundabouts

- As you approach a roundabout there will be a yield sign and a dashed yield limit line. Slow down, watch for pedestrians and bicyclists, and be prepared to stop if necessary.

- When you enter, yield to circulating traffic on the left, but do not stop if the way is clear.

- A conventional roundabout will have one-way signs mounted in the center island. They help guide traffic and indicate that you must drive to the right of the center island.

- Upon passing the street prior to your exit, turn on your right turn signal and watch for pedestrians and bicyclists as you exit.

- Left turns are completed by traveling around the central island.

bump into the side of another car but nothing quite as drastic as a T-bone or a head-on collision.

Construction was a challenge for DPW planners, the Army Corps of Engineers and the contractors because of a nearby archaeological site and the requirement to merge lanes in the tight area, Ingwersen said, but safety took precedence. He said DPW's goal was to reduce accidents at the intersection, an event Ingwersen said is all too common.

"The intersection that was here before, there were some pretty good accidents that happened here ... and people are just used to using Williston Point Road," Ingwersen said. "It made the most sense to put it here."

Before construction on Fort Riley's newest roundabout began, a stop sign and driving skills were the only things standing in the way of people who were turning from Williston Point Road onto

Huebner Road from colliding with 50-mile-per-hour traffic coming from either direction.

Ingwersen said because roundabouts limit traffic to one direction and restrict traffic speed, they are also safer for pedestrians.

The three existing roundabouts on post are on Custer Hill near the Post Exchange. They make use of pedestrian walkways beneath the roundabouts, making them even safer than conventional roundabouts.

They also require less maintenance and money because roundabouts do not require traffic signals, according to KDOT officials.

"Modern roundabouts are being constructed more and more in the state of Kansas, in the U.S. and around the world," David Church, traffic engineering bureau chief for the Kansas Department of Transportation, said in an official statement. "The



1st Inf. Div./Bauck

Construction contractor Osvaldo Santos uses a skid loader for grading basin rock in an unfinished portion of the new roundabout joining Huebner Road and Williston Point Road. The roundabout, constructed to improve safety and reduce costs and maintenance, is scheduled to be complete by mid-April.

benefits range from increased safety, increased capacity and improved aesthetics over other types of intersections."

Ingwersen said he would like to see an aesthetic addition to the island of the new roundabout one day, such as a tank or statue.

There are now also plans in the works for another roundabout where Williston Point Road becomes Normandy Drive and meets 1st Division Road, he added.

"It's a change from the intersection here and all we ask is that

people try it before they make a decision on whether they like it or not," Ingwersen said. "Usually the people who use it a lot tend to like it a lot. They can go through it a lot faster and they aren't slowed down as much as at a signal light."



2nd BCT, 82nd Abn. Div./Pryor

Graduation day

The hand-to-hand fighting instructor at the National Police Training Academy in Baghdad demonstrates some martial arts techniques at the graduation ceremony for more than 400 new police officers in Baghdad March 29.

Recruiting continued from page 2

tained almost all E-4s. One factor may be the money. The \$450 monthly bonus offered to recruiters is a significant percentage of an E-4s monthly base pay.

"The money and the incentives definitely play a part, I'm not gonna lie," said potential recruiter Spc. Vincent Arakelian, a Black Hawk repair specialist with 2nd Battalion, 1st Aviation Regiment. "Money's always good to have. It pays the bills and lets you live easy. It's a chance to make more money."

Others just admire the job and want to play a part in Soldiers' lives.

Spc. Rachel Guerrero, a logistics specialist with the 601st Aviation Support Battalion, is pursuing recruiting because of the recruiter she had. She said she found him honest, and forthright, and said he made a lasting impression on her. She wants to follow in the footsteps.

"Just like my recruiter made an impact on me, as a recruiter, I'll have a chance to make that impact on every potential Soldier that I meet. The benefits are always a plus, but it's more the job itself that I want."



CAB/Howard

Spc. Vincent Arakelian, a Black Hawk repair specialist with 2nd Bn., 1st Avn. Regt. meets with Master Sgt. Walter Hampton, NCOIC of the U.S. Army Recruiting Command's Recruit the Recruiter program after a briefing March 28.

Whether it's the money or the love of the job that interests young Soldiers, recruiting apparently holds appeal throughout their ranks.

At the end of the briefing, every Soldier in attendance filled out the preliminary packet, which is the first step on the path to becoming a recruiter.

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Post, Army news briefly

Employee survey begins

An Employee Satisfaction Survey will be conducted on Fort Riley, April 1-13. This survey will provide civilian employees an opportunity to submit confidential direct input to management in the areas of leadership; personal work experiences; recruitment, development and retention; performance culture; and job satisfaction. Each organization has selected an individual to serve as a point of contact for the survey. These POCs will be responsible for dissemination of the survey throughout organizations and ensuring confidentiality is maintained. Sealed envelopes will be provided and employees may return surveys to POCs, place in the organization's drop box or return to the Plans, Analysis, and Integration Office via distribution. For questions, contact Todd Douglass at 239-2205 or Pam Perry 239-2011.

Classes offered on post

The Fort Riley Suicide Prevention Program will conduct Applied Suicide Intervention Skills Training classes monthly.

Classes are scheduled May 17-18, June 21-22 and July 19-20.

For more information, call Charles Jackson at 239-9434 or 239-1012.

By Laura Stroda
The Daily Union

SALINA, Kan. — By the end of their training exercise, rookie and veteran door gunners at Fort Riley will shoot thousands of rounds of ammunition to qualify on the M-240B machinegun from Black Hawk and Chinook helicopters on the ground and in the air.

The qualification exercises for members of the Combat Aviation Brigade began April 2 at Smoky Hill Air National Guard Range west of Salina.

The expansive target range offers unmatched shooting opportunities for these Soldiers who are scheduled to deploy to Iraq later this year. About 340 soldiers of the 2nd Battalion, 1st Aviation Regiment, will be training at the range through Saturday.

"This type of mission is really a good training exercise," Command Sgt. Maj.

Donald Wright said. "It just helps us reinforce all the basics and it allows us to shake out the systems in kind of a crawl fashion before we actually get up and start walking real hard. I would say we're in the transition right now between the crawl and walk." The walking portion of training will begin once soldiers learn operations and then begin to master them, Wright said. That's no small feat for the Combat Aviation Brigade, which began building from the ground up last year.

A large portion of its Soldiers are new to the Army.

"We have 20 brand new door gunners who are ... crew chief qualified, but they haven't progressed into the crew chief position yet ... and this is, in some cases, their first time in an aircraft



since they went through school back at Fort Rucker, (Ala.)," said Capt. Emily Norton, the officer-in-charge of the aerial gunnery range.

"So, for some of those guys just getting back in the aircraft, it's taking them a little bit longer (to qualify). But that's natural because they don't have the experience," she explained.

It can take some time for Soldiers to learn the difference in how a bullet travels when it is fired from the ground compared to when it is fired from an aircraft,

Wright said. Soldiers must also learn to fire from each side of the aircraft.

The trigger setup is also different. On the ground, the M-240B has a traditional stock and trigger housing. In the aircraft, it has dual handles and a butterfly trigger setup, allowing the user to fire the weapon with his or her thumbs.

Wright said while Soldiers' experience on the automatic weapon ranges from none to "extensive," most were handling things relatively well April 3.

Norton said she had a 100 per-

cent success rate on the ground portion of the training. Gunners must also qualify in the air, during the day and at night.

Experienced combat veterans also are passing along words of wisdom to the younger Soldiers.

"I would say (combat experience helps) a lot because it allows you to apply real-world experiences to a training exercise," Wright said. "It allows you to relay those, both verbally and visually, to those guys and explain to them, 'This is what you see on the range, but this is what you'll

Capt. Emily Norton approaches Soldiers prepping a Black Hawk helicopter for a training mission April 3 at the Smoky Hill Air National Guard Range west of Salina. Door gunners from 2nd Bn., 1st Avn. Regt. were qualifying on the M-240B machine gun.

Daily Union/Stroda

see when you're there." Norton and Wright agreed that training was going well for Soldiers in the aviation battalion.

"These are my high-speed guys out here. We don't want to put anyone behind the gun protecting us pilots unless I actually think that they're good," Norton said. "And they're doing a great job. We actually had one guy set the range record (April 2)."

This story first appeared April 5 in the Junction City, Kan., Daily Union.



Professional development reinforces officers' roles

By Pfc. Dustin Roberts
1st Inf. Div. PAO

A retired Army officer briefed Combat Aviation Brigade officers on professional development March 23 at the Geary County Convention Center in Junction City.

Retired Lt. Gen. Ronald Watts, who served for more than 33 years in the Army, briefed the officers in a "food-for-thought" discussion about qualities of a good company commander.

"This discussion is designed to get everyone in the group involved," Watts said.

With help from Brig. Gen. James Yarbrough, assistant division commander of operations for the 1st Infantry Division, Col. Robert Johnson, CAB commander, and retired Lt. Gen. Richard Seitz, Watts addressed the group about assembling rules and key documents that cover exactly what subordinates are expected to do.

Policy letters, training documents and lists of additional duties are examples of key documents to be created by company commanders, Watts said.

"Setting rules and standards will hold everyone in your unit accountable," Watts said. "This helps make sure everything gets done."

Watts added that creating policies will instill discipline in the Soldiers to get the job done right.

"Having these rules in your philosophy is very important for instilling discipline in your unit,"

Watts continued. "Discipline is the foundation of work."

Since day one of the commissioning process, officers have learned their word is their bond. Yarbrough emphasized the use of integrity as a lifestyle.

"You can be a bum on the streets and still keep your integrity intact," Yarbrough said. "You can make mistakes as a commander but you better not lie about them."

Watts also added the repetition of mistakes should be minimized as commanders learn from their mistakes.

Opportunity for professional development of a unit's noncommissioned officers is also a responsibility of the commander.

To mend weakness for the unit's next mission, Watts said commanders should think of different techniques for NCOs to develop during training.

Seitz added that lieutenants aren't supposed to be doing the NCOs' jobs.

"Officers lead, plan, teach, coach and inspect," Seitz said. "Commanders will define NCOs' responsibilities and that line shouldn't be crossed."

First Lt. John Wolf, assistant platoon leader, Company C, 2nd Battalion, 1st Aviation Regiment, said the brief was a very integral for how his unit trains.

"It reinforced what we know," Wolf said. "It was a good reminder of who officers are and what we do."



Brig. Gen. James Yarbrough, assistant division commander of operations for the 1st Infantry Division, gives professional development advice to officers in the Combat Aviation Brigade March 23 during a workshop in Junction City.

1st Inf. Div./Roberts

Main Post dining facility reopens

By Master Sgt. Jack Lee
1st Bde. PAO

After closing for remodeling, the Main Post Dining Facility, Building 251, reopened April 2.

Although the facility looks brand-new on the inside, many of the old faces were back working at their familiar haunt, making sure the Soldiers had their meals. During the remodeling, many worked at other post dining facilities.

"It's just like seeing all your old friends, I want to hug them all" said long-time cashier Kitty Sloan, pausing to tell a Soldier, "I hope you enjoy your lunch."

Pfc. Tyler Williams, 601st Aviation Support Battalion, was trekking up Custer Hill to eat at the Devil's Den while the Main Post facility was closed.

"This is just way easier," he said.

Staff Sgt. David Bartholomew, Vet Services, echoed those thoughts. "I think this is the best one on post and glad to see it opened again," he said.



1st Bde./Lee

Cook Debbie Nash hands Staff Sgt. David Bartholomew his lunch April 2 at the Main Post Dining Facility. Nash worked at Devil's Den Dining Facility while the construction was going on and said she is glad to be back.

HOUSE FILL AD

WILDCAT PET RESORT
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2x3SunnyAlteration

CARNAHAN CREEK TREE SERVICE, I
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'Black Lions' seize sizeable weapons cache

1st Bn., 28th Inf. Regt.

BAGHDAD — Multi National Division — Baghdad forces seized a large weapons cache in southwestern Baghdad March 30, after observing suspicious activity around a residence.

"Black Lion" infantrymen of Company A, 1st Battalion, 28th Infantry silently established an outer cordon around the Iraqi residence and moved in.

The inner cordon element led by 1st Lt. Michael Sheer entered the building with a squad of heavily-armed Black Lions.

Shortly after, Capt. Bret Hamilton, the Co. A commander who was monitoring the unit radio, heard Sheer report, "We have found a cache."

Soldiers from Co. A, who were searching the house located in an insurgent-dominated neighbor-

hood, immediately received enemy small arms and rocket propelled grenade fire.

"The enemy did not want to surrender this sizable cache without a fight, but our Soldiers had rehearsed this operation and were prepared for multiple contingencies," Hamilton said.

What began as several weapons in the living quarters of the residence grew to a massive enemy weapons and demolitions storage site as a hidden room was discovered within the home.

The cordon and search held deep within an enemy-dominated area was intended to disrupt enemy actions. The unit was supporting an Iraqi army forward operating base that had been under enemy attack for 36 hours.

Seizure of the cache struck an immediate blow to an insurgent attack on Forward Operating Base

Lion, the Iraqi army facility located nearby, said an officer at the scene.

Maj. Will Cotty, an Iraqi Army training team chief, said, "The enemy lost the initiative when the sniper rifles and mortar systems were seized by Attack Company. Capt. Hamilton's team and the Iraqi army have developed a strong partnership in a short period of time."

As the battle raged on in the Baghdad neighborhood, Co. A along with the Black Lion explosive ordnance detachment began to remove the cache from the residence. Attack helicopters prowled the sky overhead looking for enemy movement around the Black Lion perimeter, keeping insurgent fighters at a distance.

The enemy who were bold enough to attempt to engage the Co. A Soldiers were met with

well-aimed and overwhelming fire.

"There is no doubt that the 25mm chain gun on our Bradley platoon made a dramatic impression on the enemy tonight," said 1st Sgt Jeffery Griffith from Co. A.

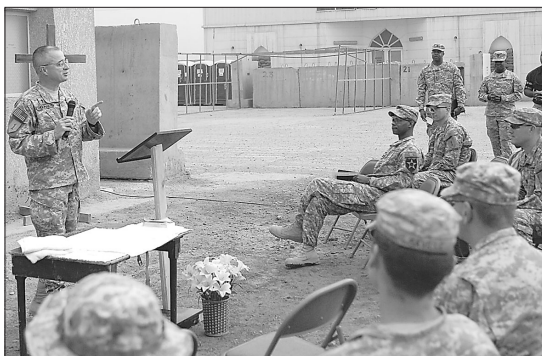
Significant weapons removed from the enemy's possession included: AK-47s, sniper rifles, machine guns, mortar systems, rocket propelled grenades, 107mm rockets, TNT, C-4 plastic explosives, bulletproof vests and a 240mm Soviet rocket.

"Operations developed with actionable intelligence, like tonight, allow us to keep the enemy off-balance," said Sgt. 1st Class Jamil Gutierrez from Co. A. "My platoon was proud to remove these weapons and demolitions from the enemy's hands."



U.S. Army photo

Weapons and ammunition captured during Company A, 1st Battalion, 28th Infantry Regiment's raid on a suspicious house in Baghdad's Rashid district lies on the floor of the Iraqi residence.



4th IBCT, 1st Inf. Div. Smith

Sunrise in Iraq

Chap. (Maj.) Greg Thogmartin, from Princeton, Mo., the 4th Infantry Brigade Combat Team, 1st Infantry Division chaplain, speaks to his congregation during the Easter sunrise service, at Forward Operating Base Falcon in Baghdad April 8.

News briefs from 4th IBCT in Iraq

1,300 apply for Iraqi police jobs

BAGHDAD — Iraqi security forces and Multi-National Division-Baghdad Soldiers processed 1,365 applicants for the Iraqi police force at the Al Doura District Advisory Council Hall in East Al Rashid April 2.

The six-day recruiting event was secured and coordinated in a joint effort by the ISF and the 2nd Military Police Company, from March 28 to April 2.

Applicants varied in age and religious affiliation. Each applicant finished the process by being entered in a biometrics database.

The recruiting event took place less than four days after the attack on a local Al Doura police station.

"I just think it's pretty amazing that they could get that many people in so few days in light of the recent attacks around the area, and that the Iraqis could come together and pull this off," said Bristol, Pa., native 1st Lt. Jonathan Pfender, the provost marshal officer for the 4th Infantry Brigade Combat Team,

1st Infantry Division.

Medic nominated for CMB

BAGHDAD — A medic from Company C, 610th Brigade Support Battalion, 4th Brigade Combat Team, 1st Infantry Division, has been nominated for the combat medic badge.

The CMB is awarded to Soldiers of medical military occupational specialties who are engaged by the enemy.

Spc. Whitney Young would be the first medic from the 4th IBCT to receive the CMB on the unit's deployment.

Young, assigned to the explosive ordnance disposal team, was on a mission when the humvee she was in took small arms fire.

The Camden, S.C., native said the idea of winning a CMB was not on her mind at the beginning of the deployment.

"I did not come here to be a hero," she said. "I don't want purple hearts, CMB, (combat action badge), I don't want anything. I just want to make it home."

Internet cafe open business

BAGHDAD - Col. Ricky D. Gibbs, commander of the 4th Infantry Brigade Combat Team, 1st Infantry Division, cut the ribbon to officially open a new internet cafe at Forward Operating Base Falcon April 1.

Three Soldiers from Company C, Brigade Special Troops Battalion, 4th IBCT, 1st Inf. Div., Sgt. Robert Hussey, of Mableton, Ga., Spc. Derrick Rencher, from Los Angeles and Orlando, Fla., native Pfc. Mark Capo were instrumental in the opening of the center. They were the Soldiers who put their sweat and muscle behind renovating the facility.

When the 4th IBCT assumed responsibility for FOB Falcon, the cafe was left in a state disrepair. To ready it for Dragon Brigade Soldier use, the three Soldiers cleared it out and painted it among other time consuming tasks.

Named after Sgt. Aubrey D.

See Briefs, Page 11

HOUSE FILL AD

FAITH FURNITURE
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Black Only
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BERNER JEWELERS
3 x 10"
Black Only
3x10CLOUSEOUTSALE JACK WEBB

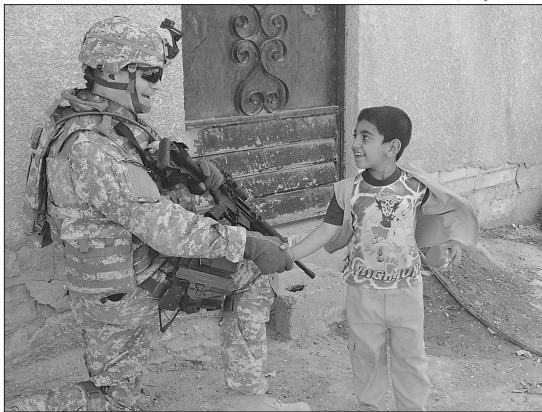


4th IBCT, 1st Inf. Div./Luedeke

Boots on the ground

Above: Command Sgt. Maj. Jim Champagne, the 4th Infantry Brigade Combat Team's senior noncommissioned officer, and Spc. Ahmed Ahmed, from Buffalo, N.Y., an interpreter with the brigade, stand guard during a combat patrol April 3 in the Rashid district of Baghdad.

Below: Maj. Craig Manville, operations officer for 1st Squadron, 4th Cavalry Regiment, 4th Infantry Brigade Combat Team, 1st Inf. Div. from Springfield, Mo., greets an Iraqi boy with a smile and a hand shake during a combat patrol in the Rashid district of Baghdad April 3.



4th IBCT, 1st Inf. Div./Luedeke

National police deliver supplies

By Maj. Kirk Luedeke

4th IBCT PAO

BAGHDAD – Lt. Col. Ahmed, commander of the 3rd Battalion, 2nd Brigade, 1st National Police Division handed out supplies to a pair of elementary schools in Southwest Rashid during a joint operation with Company A, 1st Battalion, 77th Armor Regiment April 4.

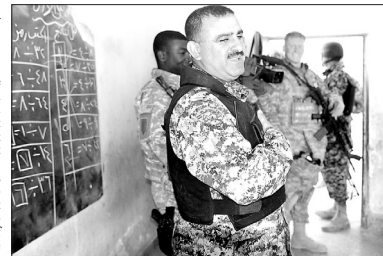
The mission was the first of its kind in the area by the police battalion and its U.S. counterpart. 1st Battalion, 18th Infantry Regiment, 1st Infantry Division out of Schweinfurt, Germany. The police commander not only took the opportunity to deliver supplies to the Arbid and Ibn Yakhdan schools, but made an assessment of the facilities and the surrounding communities as well.

"This is a good beginning, but I want you to know that we will make the area safe for the children. We want to help you to clean up the trash in this neighborhood and make the people proud to live here," Ahmed told Ms. Noor, the headmistress of the Arbid school in Southwest Rashid.

As he spoke, members of his battalion, wearing crisp new uniforms and displaying a professional demeanor, carried boxes of supplies into the building. A new television set, water dispenser, computer and monitor, power supply and office furniture were brought in.

"Thank you for helping to care for the children," Noor said to the police commander during their meeting. "They are your key to safety for the future of Iraq."

The battalion commander carried a notebook with him, asking



4th IBCT, 1st Inf. Div./Luedeke

Lt. Col. Ahmed, commander of the 3rd Battalion, 2nd Brigade, 1st National Police Division, visits with school children in Baghdad while delivering computers, television sets, power supplies, office furniture and a water dispenser to the Ibn Yakhdan elementary school in Baghdad April 4

what other things the schools needed for future deliveries, conducting a joint inventory with each headmistress to account for the supplies and touring the schools and meeting some of the children.

He walked into one classroom of young girls and was greeted with a chorus of cheers, as the young ladies serenaded the police commander with a traditional Iraqi greeting of respect. He returned the gesture by asking the students to honor their families and teachers and to work diligently in their lessons.

Maj. Joe Pierce, the commander's national police adviser, said that the operation was a resounding success, and an indicator of better days ahead as the new unit

begins operating in the area.

"He assured the administrators that in addition to securing the schools, he was concerned about securing the surrounding areas," the native of Nashua, N.H. said. "This was a great chance to get to know the population."

First Lt. David Evetts, the company fire support officer from San Antonio, Texas, said, "It shows that we have good partnership – the National Police, coalition forces and NPIT teams – we all work together."

For other U.S. Soldiers who participated, the successful operation meant a great deal more than just dropping off supplies.

"I think just getting school supplies to the kids shows them that

See School supplies, Page 12

Briefs continued from page 10

Bell, a Soldier who served in Baghdad with the 214th Military Police Company and was killed in October 2003, the internet café contains new computers, and voice-over-Internet-protocol phones, which allow Soldiers to call home cheaply.

"This is an important morale, welfare and recreation outlet for Soldiers doing great things in Iraq," said Gibbs, a

Harker Heights, Texas native. "It helps them stay connected to the loved ones at home."

Spc. Shawn Hayden, a topographical analyst with Headquarters Company, 4th IBCT, from Fort Myers, Fla., said the location of the café, adjacent to the 1st Squadron, 4th Cavalry

Regiment and 1st Battalion, 28th Infantry Regiment headquarters, is good for Soldiers.

"I feel it's probably better that it's closer to the infantry," he said. "It would help them out since they live in tents. It's a way for us to have a little bit of home while we're here."

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CENTRAL NATIONAL BANK

3 x 8"

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School supplies

continued from page 11

we're trying to help their education," said Staff Sgt. Jeremy S. Mutart, a native of Ketchikan, Alaska and a squad leader with 1st platoon, Company C, 1st Battalion, 28th Infantry Regiment, whose unit is attached to Company A. "It also shows the American people that we're not just trying to combat the terrorists here, but we're trying to help rebuild Iraq from little kids all the way up to the top."

As the Iraqi and U.S. troops drove away from the schools, children waved from the windows. "It makes me realize that I'm grateful for what I have and that I can provide for my own family," said Staff Sgt. Allan Russell of Layton, Utah, another squad leader from 1st platoon, Co. C. "It makes you grateful for what we have, and that we can leave here today knowing that we made a positive difference for these kids."

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4 x 10"

4x10 Full Color Tag Team



Fort Riley Community Life

Thursday, April 12, 2007

Home of the Big Red One

Page 13

Community news briefly

SAS to hold breakfast

To celebrate Month of the Military Child, School Age Services will be hosting a complimentary pancake breakfast for the Fort Riley community from 8 to 10 a.m. April 14.

The pancake breakfast is free and open to the Fort Riley community.

For additional information contact 239-9220 or 239-9225.

Picerno seeks resident opinions

The last week of March, Fort Riley family housing residents should have received a "Headquarters, Department of Army Resident Assessment" survey.

The purpose of the survey is to give residents the opportunity to tell the Army and Picerno Military Housing what they think.

Filling out the survey and returning it will help guide Picerno in providing future improvements to Fort Riley's housing facilities and services. Answers are strictly confidential and residents are urged to offer honest responses. Personal data is not being tabulated and surveys in no way identify residents.

In addition to Fort Riley, the survey is also distributed to all other Army installations participating in the Residential Community Initiative (RCI) family housing privatization program.

For more information, call the RCI Office at 239-0650.

Parenting workshop set

Dr. Martin Maldonado, an infant, child and adolescent psychiatrist on staff with Family Service Guidance Center in Topeka, Kan., will present "Children Coping with Stressful Situations" from 10 a.m. to noon April 20 at the Soldier and Family Support Center, Building 7264 at Fort Riley.

During the workshop, Maldonado will identify how different children respond in varied ways to circumstances, how children of different ages respond to changes in their life and stressful circumstances, identify useful responses of parents to those behaviors in their children, identify how children respond to losses and traumatic situations to include sleep difficulties and posttraumatic play, and how to promote resilience in children.

Maldonado will give a second workshop from 1:30 to 3:30 p.m. April 20 at The Dixon Center, 920 W. 6th St. in Junction City. Participants wanting to attend the Dixon Center presentation should register by calling 238-3103, extension 515.

Free childcare will be offered at both events. Parents should call no later than noon April 19 to register for child care.

Maldonado's presentation is designed for families and professionals who have or work with children and are interested in ways of creating, developing and maintaining mental wellness within families and the community.

Stay In Step with Fort Riley

See what's happening on Fort Riley cable Channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m.

AAFES opens furniture store on Main Post

By Cpl. Tremeshia D. Ellis
19th PAD

The Army and Air Force Exchange Service opened a furniture store annex on Main Post March 30 providing what some call a long-overdue service to Fort Riley Soldiers and family members.

"This is a great event," said Garrison Command Sgt. Maj. Michael Mathews.

Soldiers who attended the grand opening event were able to take advantage of discounted pricing on furniture, giveaways and special appearances by military police dogs and their handlers.

"It is an extension of the (Post Exchange)," Mathews said. "It just allows Soldiers and their families to be able to buy furniture close to home. They don't have to pay for shipping costs or taxes because they're on a federal reser-

vation."

Mathews said he also was impressed with the quality of the items offered for sale at the store.

"I've looked at the products here and they're amazing," Mathews said. "The fact that you don't have to pay taxes and you get good quality is unbelievable. It's nicer than what my wife and I had when we were young."

"This is great for Soldiers trying to manage life on a small

salary," he added.

One Soldier, who has been stationed at Fort Riley for five years, said the furniture store was filling a gap in products offered on post.

"I haven't seen anything like this here," said Sgt. Kurt Myers, 1st Brigade, who was shopping for a couch with his wife Ashley.

"Furniture is ridiculously expensive around here," he said.

"Most of the local stores hike up the prices and the rent-to-own

places are totally a rip-off with unbelievably high interest rates. This furniture store will really help a lot of Soldiers and their families get furniture without breaking the bank."

Chandra Ward, a spouse just arriving from Virginia, welcomed the AAFES furniture store as an alternative to renting as well.

"I didn't want to go out and

See Furniture, Page 14

Camp out



Boy Scouts from Troop 10 out of Leawood, Kan., scale a wall at the obstacle course March 31 during Scout Riley Day.

Troops brave weather to 'Scout Riley'

By Julie Mitts
PAO Intern

More than 350 Boy and Cub Scouts from Kansas, Missouri and Oklahoma converged on Fort Riley March 30 as part of Scout Riley Day, a quarterly event offered by the Community Relations Office.

Most of the scouts arrived March 30 and spent the night in tents at Moon Lake, enduring pouring rain, lightning and thunder, along with tornado watches and warnings in the area.

William Seabaugh, senior patrol leader

of Troop 10 from Leawood, Kan., said the rough weather didn't dampen spirits.

"I got my tent set up before the rain started, so that wasn't a problem," Seabaugh said. "We helped everyone before they got soaked. A lot of our new scouts were excited because this was their first campout."

"We considered canceling the event, because of the threat of inclement weather, but the scouts are considered future Soldiers, and they don't mind a little thunderstorm. In January they camped in subzero temperatures and didn't complain a bit,"

said Alison Kohler, coordinator of Scout Riley Days. "We decided to go ahead with the event and make adaptations where necessary for safety."

Troop 975 from Tulsa, Okla., began March 31 exploring the First Territorial Capitol and hiking the Kaw River Nature Trail. Joe Anderson, Troop 975 scoutmaster, said 20 scouts from his troop attended.

"We were here two years ago, and when we planned this year's activities, the boys decided to come back," Anderson said.

See Scout Riley, Page 16

Forum shows Soldiers educational options

By Pfc. Dustin Roberts
1st Inf. Div. PAO

Fort Riley Education Services and a consortium of colleges and universities hosted a forum April 3-4 at Riley's Conference Center to help inform the community of the many opportunities education has to offer.

"If we can harvest knowledge and assist Soldiers to get to higher levels of education, everyone will benefit from it," said Dr. Fred Rodriguez, director of education services.

Representatives from seven colleges and universities, the Central Kansas Educational Opportunities Center and GoArmyEd set up booths outside of the forum for attendees to retrieve information about each institution.

"I was able to see what kind of options there are by networking with colleges and associations dealing with education," said Pvt. Andrew Stenback, Headquarters

and Headquarters Battery, 4th Battalion, 1st Field Artillery Regiment. "There were a lot more colleges in the area than I expected."

The forum consisted of an hour of breakout sessions from speakers representing Kansas State University, Barton County Community College's Fort Riley Campus, and other schools, including out-of-state colleges and universities that offer online courses.

The forum concluded with a roundtable discussion about meeting the post-secondary educational needs of the community.

"The discussion was very informational about how to get Soldiers involved in the educational system," Stenback said.

"These Soldiers and family members have positive options as potential students," Rodriguez said. "With the use of time productivity, we can help them develop the 'I can' attitude."

Rodriguez added that there are

See Education, Page 16



Sir Chavez and Crescencio Hernandez of Ballet Folklorico de Topeka perform a dance during the pre-forum activities at Riley's Conference Center. The forum was held to inform community members of educational opportunities on post and in surrounding towns.

1st Inf. Div./Roberts

Hands-on history

Though Bryan's sixth-grade social studies teacher, Michael Frint, was not the one to nominate Bryan, Frint said he understands how Bryan was a good candidate.

"It was his fifth-grade teacher, but I can see why that teacher did because Bryan's very knowledgeable in the area of history," Frint said. "There are sometimes he has me looking up answers just to make sure what I'm talking about is right."

"He likes to participate and that's a good thing because sometimes history is not always the most exciting subject," Frint added. "Sometimes you have to make it exciting."

Facilitators and tour guides on the trip showed the participating students not only a variety of historical sites in Washington like the National World War II Memorial, the Vietnam Veterans Memorial, the Lincoln Memorial, the Thomas Jefferson Memorial, the Franklin Delano Roosevelt Memorial and others; they also took the students to the Department of Labor, the U.S. Capitol to meet members of Congress, and to the historic Virginia towns of Williamsburg and Jamestown.

Frint said although trips like these are not always possible for students, they can be invaluable for the learning process.

"I think for Bryan's case you can sit there and you can talk about history and documents all day long in the classroom, but until you actually experience it, it's completely different," Frint said. "That's something I wish we

See People to People, Page 14





Community news briefly

Prevention workshop set

Fort Riley's Sexual Assault Prevention and Response program staff will host several events throughout the month of April in recognition of Sexual Assault Awareness Month.

This year's theme for SAAMP is "Stand Up Against Sexual Assault: Make a Difference," which encompasses an attitude toward prevention of this violent crime, reminding us that each of us - leaders, peers and subordinates - can make differences through our actions and words.

On April 30, the SAPR program will host a free seminar, welcoming Michael Prodan, senior special agent and criminal investigative profiler. Prodan is one of only 34 graduates worldwide of the FBI's Police Fellowship in Criminal Investigative Profiling and Crime Scene Analysis at the National Center for the Analysis of Violent Crime.

Prodan will discuss the following topics: criminal sexual activity, detection of deception and interrogation of sexual offenders thinking errors of sexual offenders, the myths of sexual assault, and false allegations of sexual assault.

Limited space is available. If you are interested in obtaining more information about attending this free seminar, contact the sexual assault response coordinator at 239-2991.

Head Start to hold round-up

The Geary County Head Start 2007-08 Round-up for 3 to 4 year olds will be held from 9 a.m. to 6 p.m. April 20 and from 10 a.m. to 3 p.m. April 21. Register at the Heim/Hauge Head Start Center 1811/1833 Elmdale in Junction City.

Please bring proof of income, child's birth certificate, Social Security card and shot records. For more information, call Geary County Head Start at 717-4730.

OCSC basket auction scheduled

Become a castaway at the Officer and Civilian Spouses Club's annual basket auction at 6 p.m. April 20 at Riley's Conference Center. Bidding begins

at 7 p.m. An appetizer buffet, cash bar, and live and silent auctions will be available. Tickets are \$10 in advance or \$12 at the door. Please make reservations by April 11 by e-mailing reservations@fortrileyocsc.com or calling 784-2817. For childcare reservations call 784-4298.

OCSC accepting fund applications

The Officer and Civilian Spouses Club is accepting requests from organizations in the community for its annual funds disbursement. All request applications must be received postmarked by April 18. For more information, call Brenda Wise at 933-7027.

Outdoor Rec starts new hours

Fort Riley's Outdoor Recreation Center is now open six days a week.

The facility is open from 9 a.m. to 6 p.m., Monday through Saturday.

The weekend rental rates will be available from Saturday through Monday for equipment available from the Outdoor Recreation Center.

For additional information, call 239-2271.

Trails West offers vacations

To show appreciation to the military, Trails West, a Christian based family camp nestled in the beautiful Colorado Rockies, is offering a week long family camp package to military families. The price for the trip includes a graduated registration and commitment fee. Transportation costs to and from the camp are not included. The package includes all meals and lodging, as well as activities for all ages including jeep tours, horseback riding and swimming. Two opportunities are available for Fort Riley families from July 8-14 and August 12-18. Registration for the July camp is from April 1-30. Registration for the August camp is from May 1-31.

For more information, contact Chap. (Maj.) Keith Shurtliff at 240-1145, e-mail david.keith.shurt5348@conus.army.mil or visit www.younglife.org/Events/Military/FortRileyFamilyCampAtTrailWest.htm.

People to People continued from page 13

could get more of our kids to go do, is to actually physically see it and touch it. That makes a world of difference."

Bryan's mother Merriel said she was happy to have her son nominated, but said she was slightly hesitant at first because she did not know a lot about the organizers of People to People.

"As a parent one of my concerns when I got there was, 'Are they going to be properly supervised? Who are these people I'm entrusting my kid to for a week?'" Merriel said as she learned more about the program, and especially as soon as she arrived with her son in Washington, she felt better about things.

"It was very organized," Merriel said. "The people who run it... are teachers who are nominated by their schools. So, they pull teachers out, and they go and participate in this conference with these kids. So it was very well done."

The group of 120 kids was divided into five tour buses, which were further divided into

four groups that had tour guides and "facilitators" who gave students assignments covering each location they visited.

"It wasn't that much," Bryan said. "It was reading one page, researching on what we were going to do the next day so that we'd know what we're doing."

Bryan, who also went to the International Spy Museum and the National Air and Space Museum during the trip, said he was happy to have been nominated.

"I think it was really nice for them to have nominated me," Bryan said. "I think if they didn't nominate me, I would have missed out on a wonderful experience."

"It makes you feel that that teacher thought I was... outstanding," Bryan added.

"I feel really good about it," his mother agreed. "When he first got the nomination last year, I didn't know anything about the organization, and we went online and started doing some research. That's why we decided it was a worthwhile thing to do."

"The whole point of them doing it in D.C. was to teach them that the great leaders of our country and the people who have had an influence on our country were in leadership positions, and how their leadership and leadership styles led them to do these great things for our country," Merriel said.

Learning to lead

"That was the big connection that I thought was really good for him," Merriel continued. "He came back with some leadership skills that he didn't see right away, but I did."

Bryan's mother recounted how he described switching groups during a school project so he could help a lone classmate finish the work as a demonstration of leadership.

"I said, 'Well, that's really nice,'" Merriel described. "I don't think he even realizes it - and I said, 'Do you understand what you just told me is a display of

leadership?' And he kind of smiled, so little things like that that you can do make you a better part of your community."

Merriel said one of highlights of the trip was actually the flight to D.C. As Bryan's first flight, the pilots invited him into the cockpit, let him start the engines and make announcements.

"I thought that was pretty neat and I was impressed that their airline took time to do that for him and make him feel special," Merriel said. "It was neat to see his reaction as we went up. The first time you fly, you're always kind of in awe about the experience, so that was the most impactful for me."

"Hopefully we can get more kids traveling," Frint said. "It's one of the things I like about working on a military post. I get students from all over the place who have traveled, and hopefully I can incorporate some of that into the classroom."

For more information on the program, visit www.studentambassadors.org.

Furniture continued from page 13

rent anything," she said. "I'd rather buy it outright. We're saving money in the long run."

Despite its necessity, opening the store was not without challenges, Mathews said.

Because of limited space in the main PX, a site had to be found that could house such a facility and still be conveniently located for Soldiers and their families, he said. Eventually a site was found and the self-help store that previously

occupied the building was relocated to provide the needed space for the new outlet.

Despite the challenges, Tony Gorton, the store's assistant manager said he feels the new store greatly improves the quality of life for the Fort Riley community.

"We saw a need and we filled it," he said. "It's about supporting the troops. This will make a tremendous difference in their lives."

Though garrison and AAFES officials see the new furniture store as a step in the right direction, they are continuing to plan projects geared toward quality of life improvements for Fort Riley Soldiers.

"We currently also have a design for a new PX going on line right next to where the commissary is located," Mathews said. "We are anticipating that will come together around March

2009. At that time we will relocate the current furniture store up to that location and also have a partial troop store."

The AAFES furniture store is located in Building 289 south of King Field House on Main Post and is open from 10 a.m. to 7 p.m. Mondays and Wednesdays through Saturdays, and from noon to 5 p.m. Sundays. The store is closed on Tuesdays.



Home wanted

Ali

This is Ali. Ali is a five-month-old lab and pointer mix who was found as a stray on post. She is pretty shy, but very friendly and would be better suited for a family with older children. Soldiers and families interested in adopting Ali should keep in mind that she will grow to be about 60 pounds.

Fort Riley Stray Facility
Building 226 Custer Ave., Main Post
Hours: 7:30 a.m. to 3:30 p.m.,
Monday through Friday
Phone: 239-6183

COLLEGE HEIGHTS BAPTIST

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SCREEN MACHINE

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TRENDY'S CAFE

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MERCY REGIONAL

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FIRST SOUTHERN BAPTIST

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SALINA POWERSPORT

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FIRST ASSEMBLY OF GOD-MANHATTAN

2 x 4"
Black Only
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Post/Morelock

General shares Minerva stories with students

Maj. Gen. Carter Ham, 1st Infantry Division and Fort Riley commanding general reads to children in the Pre-Kindergarten Pilot Program at the Larry Dixon Center in Junction City. Ham read "Minerva Louise at School," a story about a chicken lost in a school that she thinks is a fancy barn, and "Minerva Louise and the Red Truck," about Minerva's adventures as she takes an accidental ride through the countryside.

Career expo unites employers, job seekers

By Cpl. Tremeshia D. Ellis
19th PAD

Hundreds of job seekers invaded Fort Riley to take part in the post's inaugural Career Expo April 5 at Riley's Conference Center.

Whether dressed in business attire, jeans and t-shirts or Army Combat Uniforms, career hunters moved strategically between displays handing out resumes, shaking hands and selling their skills.

Prospective employees were able to visit with representatives from more than 50 companies.

"We had representatives from a variety of local and regional universities, police departments, and most of the major employers in Manhattan and Junction City, and a few national and international firms as well," said Ollie Willis, coordinator of Army Community Service's Family Employment and Readiness program that sponsored the event.

Other organizations participating in the event included the Salina, Junction City and Manhattan

Chambers of Commerce, Workforce Development of Junction City and the Kansas National Guard.

Though the target groups for the event were lower-enlisted family members and spouses, the career expo drew a variety of job seekers, Willis said.

Spc. Robert Ramirez, 300th Military Police Company, said he felt job fairs on post were not only beneficial to family members and spouses but also transitioning Soldiers like himself.

"I'm transitioning out of the Army," Ramirez said. "I just stumbled upon the job fair. I'm glad I did because I've met with a number of employers today. This type of event could mean the difference in a Soldier making a smooth transition out of the military or not."

The location of the career expo was an integral part of the planning, Willis said.

Soldiers and their families live on post, shop on post and really see Fort Riley as their community," she said.

"It's important that we provide as many services as we can for those on Fort Riley," Willis added. "It's about taking care of Soldiers and their families and making things as convenient as possible for them."

The location had appeal for the employers as well, she said.

"Employers want to recruit on post," Willis said. "They feel this is a separate employment pool and want to get closer to Fort Riley job seekers."

Daniel Castillo, a recruiter with FMC Technologies agreed.

"We recruit heavily from the military," he said. "The military has always been a consistent source of qualified candidates. Fifty percent of our field service forces are former members of the armed forces. We are very pleased with the results."

Willis said the expo was a success. "The expo kicked off at 9 a.m. and there have been a steady stream of job seekers and visitors all day."

The next Career Expo is scheduled for Aug. 2, Willis said.

HOUSE FILL AD

JANSON COMMUNICATIONS
6 x 13.5"
Black Only
Roll color AM general



Sexual Assault Awareness Month

Victims offered reporting choices to regain power

By Julie Wilkinson

SAPR Program Trainer

Sexual assault is one of the most underreported violent crimes in America today. Since the military is not impervious to this trend, the Department of Defense strives to ensure that servicemembers are aware that sexual assault crimes are not tolerated.

To combat sexual assault, DoD has implemented the Sexual Assault Prevention and Response (SAPR) Program, which incorporates a comprehensive policy that reinforces a culture of prevention, response and accountability. The goal of the SAPR Program is to ensure the safety, dignity and well-being of all members of the Armed Forces through training and education programs, treatment and support of victims.

Since 2004, advancements in reporting options have helped create a climate of confidence in reporting. One of the policies implemented in 2005 was the restricted reporting option, which enables servicemember victims to come forward without triggering the investigative process, yet still receive the care they deserve.

Sixty-five percent of the reports involving sexual assault can be attributed to the restricted reporting option that began in June 2005. This alternative choice, coupled with enhanced awareness of sexual assault and vigorous training, has encouraged more victims to take a stand against their assailant. For instance, if a Soldier is sexually assaulted and wants to seek supportive services, but

Need to call for help?

Fort Riley domestic violence and sexual assault response line (24 hours) – (785) 307-1373
Fort Riley Victim Advocate Program – (785) 239-9435
Chaplains – (785) 239-4357
Irwin Army Community Hospital emergency room – (785) 239-7777
Military Police (785) 239-MPMP (6767)
Local Police (on and off post) – 911

For confidential, free services, including safe shelter, call The Crisis Center, Inc. (24 hours) – (800) 727-2785
Kansas Statewide Hotline – 1-888-END-ABUSE (363-2287)
National Domestic Violence Hotline – 1-800-799-SAFE (7233)

does not want his or her chain of command or law enforcement to become aware of the assault, the Soldier can receive support from a sexual assault response coordi-

nator (SARC), victim advocate, healthcare provider or chaplain. If a victim chooses to file a restricted report with one or more of the above individuals, he or

she has the option of having a sexual assault forensic exam. A SAFE is a medical exam to collect evidence from the assault. If the victim has a restricted report and has had a SAFE, this individual has up to one year, while this evidence is securely and confidentially held, to decide whether or not to change the report from restricted to unrestricted. This change in reporting options will then initiate an investigation.

Sexual assault is about power and control. At the time of the assault the victim's power and control is taken away. This policy allows for a victim to regain a sense of control in life. The SAPR Program has a 24-hour crisis response line, which is answered by a victim advocate. If you have been sexually assaulted and need to speak with an advocate, please call (785) 307-1373.

Community news briefly

Post yard sale to be held

The post-wide yard sale will be held from 8 a.m. to 2 p.m. April 14. Shoppers who don't have a Department of Defense decal on their vehicle will need a valid ID, proof of insurance and their vehicle registration to enter post.

SKIES to hold open house

The SKIES Unlimited program, which holds instructional classes for youth, will hold an open house from 6 to 8 p.m. April 12 at Building 6620. Students will demonstrate skills they've learned in SKIES classes and instructors will be on hand to answer questions about their classes. For more information about SKIES programs, contact Shelley Anderson-Buckley, programming specialist, at 239-4723.

Post to announce top volunteer

Fort Riley's Volunteers of the Year will be announced at 7 p.m. April 16 at Riley's Conference Center. Maj. Gen. Carter Ham will host the event honoring Fort Riley's top volunteers in five categories. The event is free and all are invited to attend.

Mother's Day flowers offered

Better Opportunities for Single Soldiers will deliver Mother's Day flowers May 11 at Fort Riley. Carnations are on sale for \$2.50 a stem or a "mom" pendant and carnation can be purchased for \$8 while supplies last. Call 239-5614 to place an order.

Outdoor Rec to hike prairie

Spend an afternoon enjoying the beautiful Konza Prairie by hiking and taking a driving tour from 1 to 4:30 p.m. May 9. Transportation will be provided by the Outdoor Recreation Center. The trip will include a one-mile hike on the Konza Prairie followed by a guided driving tour of the bison herd. The cost is \$8 for adults and \$1 for children 17 years and younger. Participants are asked to dress according to the weather. For additional information or to register, contact the Outdoor Recreation Center at 239-2363/6368.

Scout Riley

continued from page 13

"They are looking forward to the Mobilization and Training Equipment Site."

About 200 scouts participated in all of the activities including the tours of the MATES facility and First Territorial Capitol, navigating the obstacle course and seeing a Black Hawk helicopter up close.

Ted Fuehr, Troop 10 scoutmaster, supervised as scouts ran the obstacle course near Outdoor

Recreation. Teams of scouts scaled walls, leaped over logs and crawled through muddy tunnels at full speed. The Installation Safety Office acted as the sponsor for the scouts and made some of the obstacles off limits for safety reasons.

"The idea is to have the scouts learn more about Fort Riley and the Army and have fun doing it. We have only had two Scout Riley Days so far, but I think it's been a

successful program," Kohler said. "My son is an Eagle Scout, and he's having a great time out here," Fuehr said.

All of the scouts went to a K-9 military working dog demonstration on Cavalry Parade Field, toured the Commanding General's Mounted Color Guard stables and got the opportunity to eat lunch in the Combat Aviation Brigade dining facility.

The dining facility was a highlight for the boys. "There will be a lot of ice cream consumed here today," Anderson said.

The boys were equally impressed seeing everyday things like soccer fields, bowling alleys and movie theaters on a military base, said Scott Weaver, Troop 10 scoutmaster.

"Many of these scouts have very little contact with the mili-

tary and what it does day in and day out. We get to introduce them," Weaver said. "Today they discovered how big Fort Riley is in a physical sense."

Scouts are invited to Scout Riley each quarter. The next event is scheduled for June 23. To receive invites and updates on Scout Riley, contact Alison Kohler at alison.kohler1@conus.army.mil or call 239-3358.

'Bears' walk to, from Baghdad

By Mike Heronemus

The Daily Union

Students at Fort Riley's Ware Elementary School have walked all the way to Baghdad and are on their way home – symbolically. The more than 500 students, some of their family members and some of the school's staff got involved in the Walk Across Kansas program sponsored by the Geary Community Healthcare Foundation, Kansas State University and the Geary County extension office.

The program emphasizes a healthy lifestyle and keeping physically fit.

Instead of walking across Kansas – a little more than 450 miles following Interstate 70 west from Kansas City to the Colorado border – Pat Olmstead suggested the students walk about 14,000 miles to Baghdad and back.

The reason for that was because "about 90 percent of our students have parents who are deployed or have been deployed to Iraq," the school's family support monitor explained.

Just before spring break in March, the students, staff and family members had exercised enough to equal more than 11,000 miles walking. It's only 7,000 miles to Baghdad "as the crow flies," Olmstead pointed out, "so we're on our way back." When they get home – symbolically –



Courtesy photo

Students at Ware Elementary School earn "miles" in gym class during their "Walk to Baghdad" program.

the students will turn around and start walking back to Baghdad, she said. The walking began March 5 and will end May 6.

The students and anyone else enrolled in the Walk Across Kansas program earn one mile for every 15 minutes of physical activity recorded. The physical activity doesn't have to be walking, but most of Ware Elementary's staff do walk as their part in going the distance to Baghdad, Olmstead said.

The students, however, get credit for physical education classes, which run for 30 minutes from one to three times a week, she said. That means a student "walks" one mile to or from

Baghdad each time he or she attends PE.

"We count the number of kids who participate each day and then record the distance," Olmstead said. The recording takes the form of large footprints placed on the wall around the gymnasium/cafe-teria and a large map with a line showing how far they have traveled.

Each footprint on the gym wall equals 100 miles, Olmstead said. "We're trying to get clear around the gym (with the footprints)," she added.

This story first ran in the Junction City, Kan., Daily Union.



1st Inf. Div./Roberts

Kandi LeClear, assistant coordinator of student services at Barton Community College, provided educational guidance to Pvt. Philip Ware, 4th Battalion, 1st Field Artillery Regiment.

Education

continued from page 13

close to 100 mentors at Fort Riley who are dedicated to helping the community develop an "I can" attitude.

"What better combination than leaders mentoring our young, future leaders?" Rodriguez asked. "Developing higher self esteem through education is contagious."

During the pre-forum activities, Fort Riley Garrison Commander Col. Thomas Smith spoke to the group about how providing Soldiers and their families with education will help retain them in the Army community.

"This serves in the self-interest of the Army," Smith said. "We enlist Soldiers, but reenlist families. Educating them goes towards making Fort Riley better every day."

Also during the pre-forum

More info

For more information about education services at Fort Riley, visit the Main Post Learning Center in Building 217 on Custer Avenue or call 239-6481.

activities, dancers from Ballet Folklorico de Topeka performed traditional Hispanic dances to entertain the guests.

"I'm sure everyone will benefit from this forum. We are doing dynamic things here," Rodriguez said. "We work a little bit harder to make the world a little bit better."

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Fort Riley Sports & Recreation

Thursday, April 12, 2007

Home of the Big Red One

Page 17

Sports news briefly

Lunchtime class offered

Skip the burger and fries and join Fort Riley's aquatic staff for a "liquid lunch" every Monday, Wednesday and Friday from 11:45 a.m. to 12:30 p.m.

This 45 minute high intensity class will boost cardiovascular endurance and strengthen and tone muscles.

All water fitness classes are \$2.50 per session or \$20 for 10 sessions with a punch card. Contact 239-9441 for more information or to order a punch card.

Classes will be instructed at Long Pool until renovations are complete at Eyster Pool.

Neighborhood nights set

Fort Riley's Youth Sports & Fitness will be hosting several Neighborhood Nights for communities on post beginning April 10.

The evenings will include games, door prizes and fun and energetic sports designed for the entire family.

Neighborhood Nights will begin at 6 p.m. and continue until 7:30 p.m. each evening.

The following communities will have Neighborhood Nights on the below dates:

April 17 - Main Post
April 24 - Peterson Place
May 1 - Colyer Manor
May 8 - McClellan Place
May 15 - Warner Heights.

For additional information about the upcoming Neighborhood Nights, contact Youth Sports & Fitness at 239-9223.

Electronic bingo scheduled

Electronic Bingo is scheduled to begin at Custer Hill Bowling Center on April 15.

The gaming system will include electronic hand-held Bingo remotes that can be carried throughout the facility.

In addition to Electronic Bingo, Custer Hill Bowling Center offers 25 cent wings and Penny-A-Pin night on Wednesdays, Family Extreme Bowling every Friday and beginning April 3, Fifty-Fifties Night every Tuesday.

For additional information contact Custer Hill Bowling Center at 239-4366.

BOSS sets golf tournament

Gather your four-man team for the BOSS Rusty Club Golf Tournament April 27 at the Custer Hill Golf Course.

Registration begins at 9 a.m. and the entry fee is \$100 for a team of four.

Contact 239-8147 for additional information.

Outdoor Rec offers trips

Enjoy the beautiful scenery of the Flint Hills by horseback. Three sessions will be provided transportation from the Outdoor Recreation Center to Sun Rock Ranch for an hour and a half of horseback riding across trails on the ranch.

The first two groups will leave from the Outdoor Recreation Center at 8:30 a.m. on May 5, 2007 and the final session will leave at 1:30 p.m. The maximum is 5 riders per group.

The cost is \$25 per person and participants must register by May 3 and be at least 12 years of age.

Call 239-2363 for more information.

On the field



Kansas City Royals players stand with children from the Fort Riley Community at the Royals' opening day 2007 to honor Army fathers who are deployed to Iraq.

Kids walk with pros at Royals opening

By Pfc. Dustin Roberts

1st Inf. Div. PAO

Camera flashes, a standing ovation, and a sold-out stadium greeted nine Fort Riley children as they strutted onto a major league baseball field hand-in-hand with starting professional baseball players.

The children, whose fathers are currently deployed, were announced with the starting lineup of the Kansas City Royals April 2 at the season opening home game against the Boston Red Sox at Kauffman Stadium.

The Royals honored the deployed dads by announcing their names and their children's names along with the players.

"I'm really glad they did this for our troops," said Tammy Cook, wife of Sgt. Christopher Cook, Company B, 1st Battalion, 16th Infantry Regiment. "If it wasn't for the Soldiers, we wouldn't be a free country right now."

The families said they greatly appreciated the opportunity to participate in the event.

"Anything that shows the children that people are backing their fathers is wonder-

ful," said Cami Wik, wife of Sgt. Adam Wick, Battery D, 1st Battalion, 5th Field Artillery Regiment.

Alan Wik, 10, was one of the kids who had the opportunity to march on the field.

"It was kind of freaky because of all the people looking at me," Alan said. "It was cool but scary at the same time."

After the ceremony, the deployed Soldiers' families enjoyed the Royals' warm-weather 7-1 triumph over the Red Sox.

"It was nice to get out and support the troops and enjoy a baseball game in this beautiful weather," Cook said.

FRMS student sets record

Daughter of 2 All-American stars continues family tradition

By Cpt. Tremeshia D. Ellis
19th PAD

The daughter of two All-American track stars and a Fort Riley Soldier is making a name for herself in the world of track and field.

Kasha McDougald, a 14-year-old eighth-grader at Fort Riley Middle School won two gold medals, set a national record and finished second in a third event at the Amateur Athletic Union Southern Indoor Track and Field National Championship, held Feb. 23 to 25 in Knoxville, Tenn.

Kasha, the daughter of 1st Sgt. Forika McDougald, Medical Department Activity, earned the national championship title in the 55-meter hurdles with a time of 8 minutes and 58 seconds. She also placed first in the triple jump, breaking the record for 13- and 14-year-old girls with a distance of 34-4 1/2. She earned runner-up in the long jump event with a distance of just over 15 feet.

"Nothing she does surprises me," he added. "She has great talent, great technique, a great work ethic and she loves what she does. I don't doubt that she'll be a nationally ranked athlete now and in the future."

Although this is the first time Kasha has won a national championship, she is no stranger to success. She comes from a family with a tradition of winning.

All-Americans in track and field at Auburn University, both parents encouraged their children to make the best of their natural athletic and academic talents.

Forika and his wife, Fawn, both track and field coaches at Junction City High School, said they insist their children strive for excellence and help them develop the tools to achieve their goals.

"We taught them that what you do on the athletic field can be taken into the classroom," Forika said. "Athletics can make you more disciplined, more focused, more competitive in every aspect of your life. It's a good thing."

Student excels on, off track

Apparently that philosophy is paying off. Kasha has been nominated for the Junior Honor Society and maintains a 3.5 to 4.0 grade point average.

DeAngela, 18, and Farika, 16, both students at Junction City High School, are doing well academically, are members of the varsity track team and compete nationally as well.

DeAngela, a senior and national champion, is ranked among the top 20 track and field athletes under 20 years old and just received a track scholarship to Auburn University.

"I want to follow in DeAngela's footsteps," Kasha said. "Track is something I love."

Though Kasha, who has been

Army wins 6th consecutive wrestling crown

By Tim Hipps

Army News Service

PORT CARSON, Colo. - Capt. Eric Albarracín won all six of his Greco-Roman and freestyle matches to lead the All-Army wrestling team to its sixth consecutive Armed Forces Wrestling

Championship March 23-24.

Albarracín opened each session of the two-day tournament with victories in the 121-pound weight class that sparked the Army squad to triumph over the Navy, Air Force and Marine Corps.

"I wanted to be the sparkplug, but the whole team stepped up," said Albarracín, an individual

Readiness Training instructor who won gold medals in both disciplines. "The team got me ready, and I wanted to do it for the team and the Army. Wrestling is wrestling, and you've just got to be a warrior."

Four wrestlers in the Army World Class Athlete Program also won gold medals in Greco-Roman

competition: Staff Sgt. Marcel Cooper, the reigning U.S. National champion at 145.5 pounds; Staff Sgt. Keith Sieracki, the 2006 U.S. National silver medalist at 163 pounds; Capt. Phillip Johnston at 211.5 pounds; and Staff Sgt. Dremiel Byers, a six-time

See Wrestling, Page 18

Hunters search for tasty woodland treat

By Alan Hynek

Fish and Wildlife Biologist

Morel season is here. For the next two weeks or so, morel hunters from across the region will scour the Fort Riley woodlands in search of the highly sought after morel fungus.

You do not need any permits to collect morels on Fort Riley, but you do need to be sure any area you enter is open for recreational use.

To find out which recreation areas are open, mushroom hunters can call the open areas hotline at 239-6669 or visit one of the 10 hunter check stations. Additionally hunters' vehicles are

On the Wildside: News About Nature

within a decaying organism such as a tree trunk and attain their energy from dead and decaying material such as wood, plants and insects.

About 750 of more than 60,000 species of higher fungi throughout the world, are known to occur in Kansas.

While some fungi are easy to identify, others are extremely difficult and are best left to an expert, particularly if you are considering them for consumption. They can also be found nearly all year even in the dead of winter and in a wide variety of conditions.



Alan Hynek

Most live underground or



Sports news briefly

Aquatic classes cancelled

Due to renovations at Eyster Pool, all Fort Riley aquatic fitness classes will be cancelled until the facility is available for use.

For more information, contact 239-9441.

GC tourney set at golf course

Bring your four-man team to Custer Hill Golf Course May 18 for the Garrison Commander's Spring Classic. The event will kick-off at noon with a shotgun start. The \$40 per person fee includes green fees, cart rental and food.

The classic is open to the first 30 teams to register. Call the Custer Hill Golf Course at 784-6000 for additional information.

Soccer sign-ups in progress

Parents can register their children, ages 3 to 5 years old, for Start Smart Soccer from March 16 to April 6.

Start Smart Soccer is an instructional program designed to prepare children for organized soccer by teaching effective skills in a fun, non-stressful environment.

Registration is \$20 per child and classes will be held from 5:30 to 6:15 p.m. every Monday starting April 9 until May 14.

All children wishing to participate in Start Smart Soccer must be enrolled with Child and Youth Services.

For more information or to register, visit CYS Central Registration, Bldg. 6620 or call 239-4847. Interested individuals also can contact Youth Sports at 239-9223 or 239-9200.

Youth league sign-up begins

Parents can register youth, ages 5 to 13, in t-ball, baseball and softball from noon to 5 p.m. Monday through Friday April 2 through 20 at Child and Youth Services, Central Registration, Bldg. 6620.

The registration fee is \$40 for the first child and \$32 for each additional child enrolled. All children wishing to participate must be enrolled through CYS.

All participants must have a sports physical form on file, dated on or after July 31, 2006 and be 5 years old by May 14, 2007.

For more information, or to pick up a registration form, visit Central Registration, Bldg. 6620 or call 239-4847. Interested individuals can also call Youth Sports at 239-9223 or 239-9200.

Individuals interested in volunteering as coaches (no previous experience necessary), should contact Youth Sports.

Amputee pursues skydiving dream at Fort Campbell

By Kelli Bland
Army News Service

FORT CAMPBELL, Ky. - When Spec. Max Ramsey boarded a C-130 at Campbell Army Airfield recently, it wasn't the first time he packed a parachute onto an airplane. He's been skydiving more than 350 times since 2001.

This, however, was no ordinary jump. Ramsey was about to be the first amputee on the Screaming Eagles Parachute Demonstration Team.

Ramsey lost much of his left leg in Iraq last March when an improvised explosive device detonated under his Humvee. But that didn't get him down. Ramsey planned to join the parachute team when he returned from Iraq, and he wasn't going to let a prosthetic leg get in his way.

Mission gone bad

Ramsey, 37, joined the Army as an infantryman in mid-2004. "I requested a station somewhere in the 18th Airborne Corps because I knew that would send me to Iraq," he said.

His wish was granted. Ramsey deployed with Company C, 1st Battalion, 506th Infantry Regiment, 101st Airborne Division, after Thanksgiving 2005. He was prepared to spend a year in Iraq and then get back to his wife, Ayako, and his job with the parachute team at Fort Campbell.

His battalion was sent to Ramadi to link up with the Marines. "Our area of operations ... was particularly nasty," he said.

Ramsey's life plan took an unexpected turn three months into his tour. At about 1 a.m. on March 1, 2006, the unit was setting up an observation point to check the area around a school its Soldiers were inspecting.

Ramsey was the radio man for the mission. When his gunner got out of the Humvee, Ramsey took his place, "which turned out to be



ANS/Bland

Spec. Max Ramsey, who lost his left leg in Iraq in March 2006, carries his parachute after a practice jump as member of the Screaming Eagles Parachute Demonstration Team at Fort Campbell, Ky., March 13.

a blessing."

While he was manning the turret, an IED exploded beneath the Humvee, lifting the vehicle off the ground and sending Ramsey into the air. "I just remember smoke and flames coming up, getting lifted out of the turret ... and feeling an impact on my knee."

He grabbed his knee and tried to keep himself inside the vehicle. He realized his original seat was completely destroyed in the blast. "I am extremely lucky to be alive," he said.

The blast cut straight through Ramsey's left knee and broke his right ankle. When the medic arrived, the vehicle's driver, Spec. Garry Duckett, immediately directed him to Ramsey. Duckett's elbow was split open and fractured in the blast, but Ramsey "was a priority," he said.

As the medic was putting the tourniquet on his leg, Ramsey

caught a glimpse of his injury. "Once I saw the wound, I knew I was going to lose a leg."

This certainly wasn't part of his life plan. "It became the plan regardless, so I immediately got myself into the mode of making sure I could step out of this whole thing and conquer the disability the best I could."

Ramsey and Duckett kept each other's spirits up throughout their trip to Baghdad, Balad and Landstuhl, Germany. "Every stop we made, we were right there by each other making jokes," Duckett said.

Conquering therapy

Five days after the explosion, Ramsey arrived at Walter Reed Army Medical Center in Washington, D.C. "My wife was very upset, but I said, 'Listen, I am going to walk again; I am going to

run again. You and I will return home and I will be on two feet.'"

He overcame his greatest personal challenge in early April when he took his first steps with a prosthetic leg.

"You kind of get momentum," he said. "You get used to walking forward, so you keep walking forward."

Ramsey spent one year at Walter Reed recovering and learning how to physically and mentally face the way ahead. Spending time in the clinic with other amputees was an uplifting aspect of the recovery process, he said. "It changes your perspective on life; that's part of what makes the positive vibe in recovery so strong."

He used the "vibe" to his advantage, pushing himself to the limit so he could return to Fort Campbell and the team waiting for him.

He is a true inspiration to all servicemembers, said 101st Airborne Division Command Sgt. Maj. Frank Grippe. "He is the type of warrior all Americans are proud of and our enemies are terrified of."

Up in the air

Ramsey's first jump as an amputee came in September in California as part of the "Pieces of Eight" - an all-amputee skydiving group.

For Ramsey, it was like he never left the sky. "I'm back," he said. "The sensation was very natural."

March 7 was his first jump at Fort Campbell. He successfully landed at Corregidor drop zone on post, which, ironically, shares the name of his forward operating base in Ramadi.

"He has great skills," said former parachute team leader Sgt. 1st Class Matt Cline, who corresponded with Ramsey the entire year he was at Walter Reed. "He's just having to adapt to only having one limb on his lower body where he used to have two for power and control."

With 15 jumps under his belt in the past week, he's well on his way to mastering his technique. Ramsey plans to complete 121 more jumps by April 7 to reach his goal of 500, which will move him to the next level in the U.S. Parachute Association rating system before the team's first pro-rated demonstration.

"Max coming here is good for the team," said Staff Sgt. Dewey Vinaya, parachute team leader. "When the newer guys ... start getting aches and pains, they look at Max and he says, 'If I can overcome it, you can overcome it.'"

To his teammates, he's just another one of the guys. "I don't look at him as an amputee," Vinaya said. "He's very open about it, so it doesn't come across as a handicap."

Kelli Bland is the editor for the Fort Campbell "Courier."

Wrestling

continued from page 17

national champion and 2002 world champ at 264.5 pounds.

Five other WCAP Soldiers struck gold in freestyle: Sgt. Josh Habeck at 132 pounds; Sgt. Glenn Garrison at 145.5; 2nd Lt. Philip Simpson at 163; Sgt. Brad Ahearn at 211.5; and Spec. Timothy Taylor at 264.5. All of the Army WCAP wrestlers are stationed at Fort Carson.

The gold medalists in this tournament qualified to represent the U.S. Armed Forces in the 4th CISM Military World Games, scheduled for Oct. 14 through 21 in Hyderabad, India. If any of the champions can't make the trip, silver or bronze medalists will fill their roster spots. All-Navy coach Rob Hermann will lead the U.S. contingent. Marine Corps Maj. Dan Hicks will serve as assistant coach.

Armed Forces gold medalists Marine Corps Sgt. Jeremy McLean of Okinawa, Japan, at 132 pounds; and Marine Corps Sgt. Jacob Clark of Cherry Point, N.C., at 185 pounds, completed the Greco-Roman roster for the Military World Games.

Clark also won the 185-pound freestyle division. Rather than

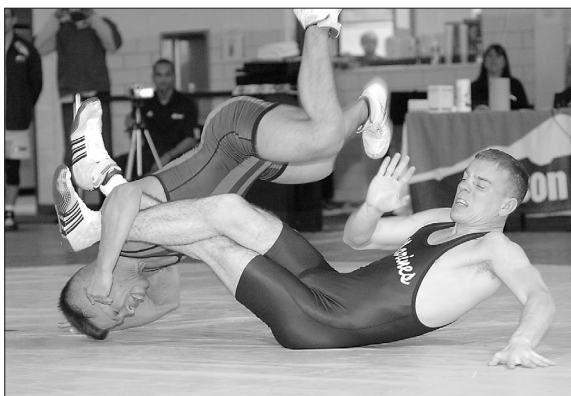
wrestle both disciplines in the World Military Games, Clark deferred his freestyle spot to Army Pfc. Willie Parks. Albarracin, the other Armed Forces double-winner, will wrestle freestyle in the CISM Games, allowing Capt. Anthony Brooker of F.E. Warren Air Force Base, Wyo., to compete in the 121-pound freestyle division.

The Marine Corps finished second in the Armed Forces team standings in both wrestling styles, followed by Air Force and Navy, respectively. But the weekend belonged to the host All-Army team.

"The Armed Forces Championships is probably one of the toughest little tournaments in the nation just because we're rivals," Albarracin said. "Whether he's 0-10 or 10-0, the guy you're going against is coming after you. It's just like the Army-Navy football game."

Albarracin posted two victories in as many days over rival Brooker, and later deferred a World Military Games roster spot to the Air Force captain, who will be Albarracin's opponent in the 121-pound freestyle division.

See Wrestling, Page 20



ANS/Hips

Capt. Eric Albarracin goes heels over head during a 6-0, 6-0 victory against Marine Corps Cpl. Andrew Hogan in a 121-pound freestyle match at the 2007 Armed Forces Wrestling Championships at Fort Carson, Colo. Albarracin won gold medals in both freestyle and Greco-Roman competition. Hogan won the silver medal in freestyle.

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Track champ

continued from page 17

running competitively since age eight, credits genetics for her talent, she uses the same strategy that has spelled success for her parents and siblings – hard work.

Not all genetics

She said she trains for at least an hour five days a week. Sessions include running sprints, practicing getting off the block and working on her triple jump technique.

"I get a break on the weekends to get my legs fresh," Kasha said. "Practice helps," she said. "Tough practice and tough competitions help you hone your skill."

"There were great runners, jumpers and hurdlers at the nationals," Kasha said. "Competing against the best will only help me improve."

Jan Hoskins, FRMS athletic director, agreed.

"Genetics alone can't make someone a champion," she said.

Kasha's passion for the sport,

natural talent, quality coaching at the school and with her parents, and her willingness to put in the hard work has helped her make a name for herself in the track and field community, Hoskins added.

"It's partly in the genes," she said. "Research has shown that you're either born with fast-twitch muscles or you're not. But the key to Kasha's success is parental influence. Both her parents were elite athletes at Auburn. They know what it takes to get to that level and they create that atmosphere in their home."

Parental support is integral to Kasha's success and the success of student-athletes like her, Hoskins said.

Parents of amateur athletes have to be willing to travel, invest their money, time and energy to support their children's goals.

"The support the McDougalds offer their children is wonderful," Hoskins said.

The Army also has had a hand in developing Kasha's talent, her dad said.

Frequent moves, often regarded as a drawback of military service, provided the basis for the McDougald children's exposure to the world of track and field.

"We would move to an area where we didn't really know a lot of people. Because we were coaching and didn't want to leave our children with strangers, we would take the children to practices with us," he said.

Soon the children started mimicking their parents and other athletes.

"They were just playing around," Forika said. "Still, it provided an opportunity for us to pick up on their natural ability."

Family sport

Having decided early in their marriage not to live their Olympic-hopeful dreams through their children, the McDougalds never pushed, he said. Instead, they waited for each of their children to express an independent

interest in track before allowing them to participate in the sport formally.

"We decided we could all do this as a family and low and behold these kids became some of the best in the country," Forika said.

In addition to helping Kasha prepare physically, she said her parents help her become mentally prepared for competition as well.

"My parents help me a lot," she said. "They tell me to keep my nerves down, stay focused and remind me that it's my race and not to worry about my competitors."

It may be her competitors who should worry. At 14, she's tasted a piece of success and her eyes are set on the Olympics.

Forika said he envisions an even brighter future for Kasha.

"She'll earn a Master's degree, maybe even a doctorate," he said. "Kasha can do anything she wants to do. If she makes it to the Olympics it will truly be a sidebar."

Sports news briefly

Registration open for classes

Registration is now open for Junior Golf and Gymnastics Summer Camps through SKIES Unlimited.

Junior Golf classes will be held at the Fort Riley golf course and will begin May 15.

Lessons cost \$60 and will be divided into the following categories:

5:15-6 p.m., Tuesday - 6 to 10 year olds

5:15-6 p.m., Thursday - 11 to 18 year olds

Sessions run from May 15 to June 21, July 10 to August 16 and August 28 to October 4.

Gymnastics Summer Camp classes will be taught at Child & Youth Services, Building 6620 beginning in June.

Lessons cost \$45 for 3 to 6 year olds and \$55 for 7 to 15 year olds.

Sessions run from June 11 to 15, June 25 to 29, July 9 to 13 and July 23 to 27.

Participants must be registered with CYS to enroll in classes.

Sports physicals are required to participate in gymnastics.

For more information, call 239-4723.

Swim for Life II

Swim from Kaua'i island to Hawaii without ever leaving Fort Riley. All Department of Defense civilians on Fort Riley are encouraged to enroll in Swim 4 My Life II. The program is free and prizes will be given once individuals reach specified distances.

Participants' distances will be tracked by Fort Riley aquatic staff.

For additional information,

or to enroll in the upcoming Swim 4 My Life program call 239-9441.

Lifeguard class offered on post

Individuals interested in becoming a certified lifeguard can enroll in Lifeguard Training at Fort Riley. Classes will be held April 26-29 and May 11-14.

The training will be free for perspective Fort Riley Aquatic Lifeguards. Graduates will receive professional rescuer certifications.

Interested individuals can call 239-9441 for additional information or to enroll in the courses.

Outdoor rec readies fish

Fishermen get your rods and reels ready, the 2007 Outdoor Recreation Fishing Contest is just around the corner.

A total of 197 tagged fish will be stocked in ponds and lakes around Fort Riley. The fish will be tagged with different colors, ranging from a value of 5 points, all the way up to 50 points.

The contest began March 25 and will run through May 31. Participants can register as individuals or families, children must be 18 years or younger and still be in high school to be in the family category.

Registration for the tournament will begin Feb. 27 and continue until March 24. There is a \$5 registration fee for individuals and a \$10 registration fee for families.

Prizes will be given to the top three in each category.

Call Outdoor Recreation at 239-2363 for more information or to register.

Morels

continued from page 17

Hunting basics

It is crucially important that you know what you're doing before you eat any kind of wild fungus. While there are many edible mushrooms that grow in Kansas, many are toxic to ingest and can even kill you.

According to a recent report by the North American Mycological Association, an average of nearly 100 human cases of mushroom poisonings occur each year. Bottom line on any fungus, toad-stool or mushroom – consider them all to be poisonous unless you know for certain they are edible.

When trying a new species, consume only a small portion in case you have an allergic reaction. An old saying amongst mushroom collectors says: "There are old mushroom hunters and there are bold mushroom hunters, but there are no old, bold mushroom hunters."

When looking for morels there

Hunting morels

Morel hunters don't need a permit to search for the mushrooms on post, but can only hunt in open recreation areas. To find out which recreation areas are open, mushroom hunters can call the open areas hotline at 239-6669 or visit one of the 10 hunter check stations.

are no set rules to follow since they show up in many places.

However timing is very important when looking for morels. They typically emerge in Kansas in April or early May, although this year seems to be a couple weeks earlier than usual.

Morels are easiest to find the day after a rain. Every seasoned mushroom hunter has his or her own theories on where to search for morels.

A good start for beginners would be to look for morels around dead elm, ash or cottonwood trees along creeks or rivers. But keep in mind that they can

be found growing almost anywhere. Sometimes you might find a lone morel and other times you might find a sack full in one small area.

Morels can be prepared a number of ways and can be easily dried for future use. Whichever you choose, they should always be washed well and cooked before being eaten.

Finally, be aware there may be spring turkey hunters in any open shotgun hunting areas on Fort Riley. Although not required, it would be a good idea to wear an article of hunter orange clothing while out in the woods.



Courtesy photo

Morel mushrooms often can be found at the base of dead elm, ash or cottonwood trees.

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2x2.RandyDavis Apr TP

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2 x 2"
Black Only
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JON MURDOCK AUTO MALL
2 x 8"
Black Only
2x8 JM #2

EASTSIDE WESTSIDE MARKET
2 x 8"
Black Only
2x8Eastside

MARKET PLACE
2 x 2"
Black Only
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JUNCTION CITY GENERALS
2 x 9"
Black Only
Opening night





Sports news briefly

Outdoor Rec offers canoeing

Join Fort Riley's Outdoor Recreation Center for their canoe and camping trip, May 25 and 26.

The trip will include canoeing on the Blue and Kansas Rivers with one night of camping under the stars.

The \$45 per person fee includes two meals, canoe, paddles and personal flotation devices.

Participants will leave from the Outdoor Recreation Center at 4 p.m. May 25.

For additional information contact the Outdoor Recreation Center at 239-2249.

Individuals must attend a pre-trip meeting at 4 p.m. on

May 18 to participate.

Facilities set open houses

Parents, teens and friends are invited to attend the free open house for Youth Sports and Fitness and the Middle School Teen Center.

The event will begin at 6 p.m. April 27 and continue until 10 p.m.

Activities scheduled include: parent and youth dodgeball, a Middle School Teen Center dance team performance and a step show presented by the Manhattan High School step team and individuals from Kansas State University.

For additional information, contact 239-9227.

Wrestling

continued from page 18

racin's teammate in October.

Two-time Armed Forces champion Army 2nd Lt. Philip Simpson pinned Senior Airman Peter Hicks in 54 seconds and pinned Marine Corps Capt. Juan Ramos in 22 seconds in the 163-pound freestyle division. Simpson won his other match by technical fall against Navy Lt. Peter Butville, 6-0, 8-2.

"My game plan was pretty much the same in every match," said Simpson, 24, a three-time NCAA Division I All-American at the United States Military Academy in West Point, N.Y. "I wanted to go out there and start the attack and look to go ahead and control

the tempo.

"This tournament is very different from what we do throughout the year. It's a lot like college and high school, where you have dual team matches. It brings us back to that team atmosphere and it's so much fun because we build and feed off each other's energy. And when somebody loses, it feels like the whole team lost.

"It's an amazing tournament with a lot of pride on the line," Simpson concluded.

Tim Hipps writes for the Family and Morale, Welfare and Recreation Command.

HOUSE FILL AD

Classified runner
2 x 21.25"
Black Only

US CELLULAR
4 x 16"
Black Only
RU 4-6 PC



CLASSIFIEDS





Travel & Fun in Kansas

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Home of the Big Red One

Thursday, April 12, 2007

Leisure time ideas

At the movies:

Doors open at 6:30 p.m. Tickets cost \$3.50 for adults and \$1.75 for children 11 and under. Children under the age of 5 are free except during children's matinees or expected sell-outs.

April 12 - Music and Lyrics, PG-13, 106 min.

April 13 - Wild Hogs, PG-13, 100 min.

April 14 - Wild Hogs, PG-13, 100 min.

April 15 - Ghost Rider, PG-13, 110 min.

April 19 - Reno 911: Miami, R, 81 min.

The Daily Union

Looking to put some pizzazz in an everyday meal? For only \$10, the "Taste of Home" Cooking School - Made Easy will provide the cooking tips and recipes to area residents who would like ways to meet those needs.

"Taste of Home" is a national cooking magazine and the school has been providing recipe demonstrations for more than 50 years.

Culinary specialist Tamra Duncan teaches more than 30 cooking school sessions a year and will host the Junction City show on April 26.

Meal demonstrations cover several recipes, including a color-

ful mixed vegetable grill, Cornish hen under a brick and easy strawberry Napoleons. "It's a good show to learn new techniques of cooking," said event organizer Pat Keefe, advertising manager for The Daily Union, which is sponsoring the show. "Everybody gets a goodie bag. It's fun to go to, a good opportunity to get together and learn more about cooking. It's better than going to a movie, it's a live show." This is the third time the school has come to Junction City in recent years, Keefe said.

"It usually sells out," he said. "The (high school) auditorium can only hold 600 people." Before working as a culinary specialist for the school, Duncan worked for

the Taste of Home magazine as a taste home economist. She graduated from the University of Central Arkansas with a family and consumer science degree with emphasis in dietetics.

For a \$10 fee, attendees will be given a free issue of the Taste of Home magazine and gift bags with the chance to win door prizes. This includes the completed meals at the end of the demonstration.

The doors open at 4:30 p.m. at Junction City High School, where a number of local vendors will highlight their products and services. This will allow area home improvement, cooking and decoration businesses to showcase

their work and its quality.

"We do have some booth spaces available," Keefe said. He can be contacted at 762-5000.

The program begins at 6:30 p.m. and will outline simple and delectable meals that can be cooked outdoors in 30 minutes or less.

The 1 1/2-hour show will offer several demonstrations, including crunchy onion chicken, savory herb-roasted potatoes, southwest tamale pie, ice cream sandwich

cake, antipasto-stuffed baguettes, pork tenderloin salad with fiesta salsa, Cornish hen under a brick, mixed vegetable grill and easy strawberry Napoleons.

Space is limited to 600 people - the capacity of Settles Auditorium at JCHS - for this event. Tickets can be purchased at The Daily Union, 222 W. Sixth St., or Sears, 435 E. Chestnut St.

For more information, call 762-5000

HOUSE FILL AD

DAILY UNION
6 x 15.5"
Black Only
service directory